BEST FOR SPORT, SKY & STREAMING

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17-23 JANUARY 2026

TV&Satellite week

NEW

SANDOKAN: THE PIRATE PRINCE

Swashbuckling adventure and romance

EXCLUSIVE!

Steal

Sophie Turner reveals the secrets of her high-stakes heist thriller

NEW

A KNIGHT OF THE SEVEN KINGDOMS

Meet the unlikely heroes of the **Game of Thrones** spin-off

EXCLUSIVE!

AFTER THE FLOOD

Chaos and catastrophe as the hit crime drama returns

HotList This week's 28

Saturday 17

Premier League

FOOTBALL *Sky Sports & TNT Sports 1*

The weekend's top-flight action begins with the derby between Manchester United and Manchester City (k-o 12.30pm). Later, Nottingham Forest host title contenders Arsenal (k-o 5.30pm).

Gladiators

ENTERTAINMENT *BBC1, 5.45pm*

Bradley and Barney Walsh (both above) are back with the physical challenge show, in which members of the public take on Gladiators including Apollo and Diamond. *See feature, page 12*

Michael McIntyre's Big Show

ENTERTAINMENT *BBC1, 6.45pm*

The comic returns to the stage of the Theatre Royal Drury Lane, with segments including *Unexpected Star of the Show* and *Celebrity Send to All*. *See feature, p12*

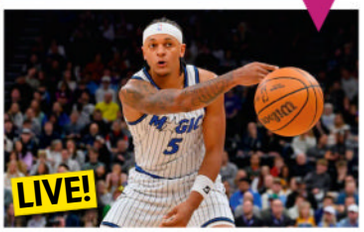
Australian Open

TENNIS *TNT Sports & Discovery+, coverage from 12.30am*

The first Grand Slam of 2026 starts in earnest tonight, with Jannik Sinner (above) and Madison Keys set to defend their titles at Melbourne Park. *See Sport Week, p28*

Full listings start on **p35**

Sunday 18



NBA in London: Memphis Grizzlies v Orlando Magic

BASKETBALL *Prime Video, tip-off 5pm*

The NBA returns to London with a regular-season clash at London's O2 as the Memphis Grizzlies face the Orlando Magic in front of a sell-out crowd.

Georgie & Mandy's First Marriage

COMEDY *TLC, 8pm & 8.30pm*

This *Young Sheldon* spin-off series follows Sheldon Cooper's older and less-academic brother as he settles into married life with wife Mandy and a new baby. *See feature, p11*

After the Flood

CRIME DRAMA *ITV1, 9pm (box set, ITVX)*

Newly promoted detective Jo Marshall (Sophie Rundle, above) returns from maternity leave and is plunged into a murder case when a body is found after a fire. Continues tomorrow. *See feature, p8*

Four Kings

DOCUMENTARY *C4, 10pm & 11pm (box set, Channel 4 Streaming)*

This series examines British boxing through the careers of Chris Eubank and Nigel Benn (both above), plus Frank Bruno and Lennox Lewis.

• *Previously shown on Prime Video*

Full listings start on **p45**

Monday 19

Sandokan: The Pirate Prince

DRAMA *Netflix*

Swashbuckling Italian adventure series about a legendary pirate rising from outlaw to rebel hero, battling colonial powers across the seas of Southeast Asia. *See Your Watchlist, page 17*

Premier League

FOOTBALL *Sky Sports, kick-off 8pm*

Fans will be travelling across the south coast for this clash between Brighton and Bournemouth, with the Seagulls looking to capitalise on home advantage against the Cherries.

A Knight of the Seven Kingdoms

FANTASY DRAMA *Sky Atlantic, 9pm*

This *Game of Thrones* prequel follows the adventures of Ser Duncan the Tall (Peter Claffey) in an age when the Targaryens ruled without dragons. *See feature, p6*

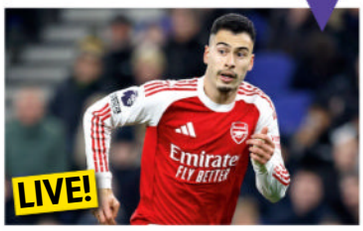
Arctic Adventure: Ultimate Survival

DOCUMENTARY *C4, 10pm*

A team including former Royal Marine Jason 'Foxy' Fox (*SAS: Who Dares Wins*) takes on one of the world's toughest ultramarathons. *See Documentaries, p20*

Full listings start on **p55**

Tuesday 20



Champions League

FOOTBALL *TNT Sports & Prime Video*

Fixtures for match-day seven include Bodø/Glimt v Man City (TNT Sports 2, k-o 5.45pm), Inter Milan v Arsenal (Prime Video, k-o 8pm) and Spurs v Borussia Dortmund (TNT Sports 1, k-o 8pm).

Winterwatch

NATURE *BBC2, 7pm*

Chris Packham, Michaela Strachan and Iolo Williams (all above) are in the National Trust's Mount Stewart in Northern Ireland for this season's wildlife updates. Continues to Friday. *See Documentaries, page 21*

Killer in the House

DOCUMENTARY *ITV1, 9pm*

Examining the case of primary-school teacher Fiona Beal, who finally pleaded guilty to murdering her partner Nicholas Billingham after hiding his body in the back garden for months.

The Secret of Me

DOCUMENTARY *C4, 10pm*

From the producer of *Three Identical Strangers* comes this film about a college student who uncovered a secret about being born intersex, and the controversial medical practices that were carried out.

Full listings start on **p65**

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best shows

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Wednesday 21

Steal
***THRILLER** Prime Video*
Sophie Turner (above) and Archie Madekwe star in this thriller following an ordinary London office worker who finds herself at the heart of a major heist that shakes the financial world. *See feature, page 4*

Kidnapped: Elizabeth Smart
***DOCUMENTARY** Netflix*
One-off documentary examining the case of Elizabeth Smart (above), who was abducted from her bedroom in 2002 when she was 14 years old and held captive for nine months.

Queer Eye
***REALITY** Netflix*
The Fab Five – Jonathan Van Ness, Tan France, Antoni Porowski, Jeremiah Brent and Karamo Brown (all above) – are in Washington DC for one last round of makeovers in the final run of the show.

Champions League
***FOOTBALL** TNT Sports, kick-offs 8pm*
Tonight's fixtures for match-day seven featuring Premier League clubs are Marseille v Liverpool (TNT Sports 1), Newcastle v PSV Eindhoven (TNT Sports 2) and Chelsea v Pafos (TNT Sports 3).

Full listings start on **p75**

Thursday 22

The Beauty
***THRILLER** Disney+*
Rebecca Hall and Evan Peters (both above) star in this body-horror series about a treatment that enhances a user's physical beauty, but with lethal side effects. *See Your Watchlist, page 14*

Free Bert
***COMEDY** Netflix*
When comedian Bert Kreischer – who is known for performing stand-up routines shirtless – learns his daughter has won a place at an elite Beverly Hills school, can he curb his unfiltered behaviour?

Finding Her Edge
***DRAMA** Netflix*
Madelyn Keys stars in this romantic drama as the middle sister of a figure-skating family who gets caught up in a fake-dating scheme with her new partner while still harbouring feelings for her ex.

Sri Lanka v England: 1st One-Day International
***CRICKET** TNT Sports & Discovery+, play starts 9am*
Harry Brook (above) leads England out for the first of three matches in the limited-overs series against Sri Lanka, in Colombo.

Full listings start on **p85**

Friday 23

Amanda & Alan's Greek Job
***FACTUAL** BBC 1, 7.30pm (times vary)*
This week, while Alan Carr is taught to make a traditional dish by a fiery Greek gran, Amanda Holden has an entirely different project – setting Carr up on a date!

The Traitors
***ENTERTAINMENT** BBC 1, 8.30pm*
Twenty-two players entered the castle on New Year's Day, and an undetermined number of Traitors and Faithful will make it to tonight's endgame – but who will take home the prize pot?

The Graham Norton Show
***CHAT SHOW** BBC 1, 11.10pm (times vary)*
Among the guests joining Graham Norton on the sofa tonight are Ant and Dec (both above), who are promoting the latest run of *Limitless Win*. Plus there's music from rap star Tinie Tempah.

Skyscraper Live
***FACTUAL** Netflix, from 1am*
In a live two-hour special, American free-solo climber Alex Honnold (above) will attempt to scale the Taipei 101, which, at 1,667ft, is the tallest building in Taiwan.

Full listings start on **p95**

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Sophie Turner stars in Prime Video's heist thriller *Steal*

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Luke Selborn
Archie Madekwe
As the most senior member of the trade processing desk, Luke is expected to carry out the robbers' demands – but panics under pressure.

Zara Dunne
Sophie Turner
Zara is bored senseless by her unrewarding job, but proves to be capable and quick-thinking in a life-threatening situation.

NEW FROM prime video

HEIST society

Archie Madekwe and Sophie Turner are City workers caught up in an audacious robbery in the heart of London

WORDS: STEVEN PERKINS. PHOTOS: ADOBE STOCK, PRIME VIDEO

NEW THRILLER

Steal

From Wednesday 21 January, Prime Video

Two low-level employees of a financial-services firm find themselves caught up in a deadly, high-stakes heist in Prime Video's gripping new thriller *Steal*.

Game of Thrones' Sophie Turner stars as Zara Dunne, who works on the trade processing desk at Lochmill Capital with her friend, Luke Selborn (*Saltburn* star Archie Madekwe). Their jobs don't garner much respect – or indeed remuneration – and the pair are all too aware of their low status in the banking world.

'Both Zara and Luke are working a dead-end job,' says Turner, 29, in an exclusive interview with *TV&Satellite Week*. 'They're a bit lost in life, they don't really know what they want to do, and they're not making the money they want to be making.'

Zara and Luke are low-level workers

An armed gang targets the office

THE HOLD-UP

Everything changes when their company becomes the target of a violent heist, and Zara and Luke are forced at gunpoint to approve the transfer of billions of pounds' worth of public-sector pension funds into the robbers' accounts while their colleagues are held hostage in a conference room.

'We didn't really rehearse the heist scene, so it all played out in real time with everyone's genuine reactions,' explains Madekwe, 30. 'It felt very real in the moment – it was incredible. The training and research for the actors playing the gunmen was much more rigorous; they went through a full military boot camp to prepare. They were going over drills while we were just sitting in the green room having a coffee.'

In the aftermath of the heist, DCI Rhys Covaci (*Midas Man*'s Jacob Fortune-Lloyd) is assigned to investigate, and finds it strange that the robbers chose to steal from ordinary people's pensions. As he digs into the case, it becomes very clear that there is far more to this crime than meets the eye…

'So often when it comes to heist movies or TV shows, you know who the good guys and the bad guys are from the get-go,' explains Turner. 'This one keeps you guessing right up until the end, and it was really fun to play into that confusion sometimes.'

'There were a lot of character reveals that were hidden from us'

ARCHIE MADEKWE

Steal is the brainchild of former City worker Sotiris Nikias, who also writes award-winning crime novels under the pen name of Ray Celestin. Having previously worked in a company similar to Lochmill Capital, Nikias wanted to update classic heist tropes for the digital era.

MODERN CRIME

'These companies in the City of London move billions through their desktops every day,' he says. 'In a traditional heist, someone walks into a bank, puts a gun to the teller's head and gets them to hand over the money. But in a financial-services company, they're routing money digitally to all corners of the globe. I liked the idea of a heist where people break in, carry it out, and leave carrying the exact same stuff they walked in with, rather than bags of money.'

To add an extra layer of authenticity to the series, location filming was carried out within the City of London financial district.

'That was so helpful,' says Turner. 'It felt all the more violating when the bad stuff started to happen – it made it feel so real to be in those actual locations when, all of a sudden, 20 police cars rock up.'

Turner and Madekwe were briefed on many of the shocks that lay in store for their characters across the series' six episodes before they began filming, but the ending still held plenty of surprises for them.

'We only had scripts for the first four episodes to begin with, but not the last two,' recalls Madekwe. 'So we didn't know the resolution, and there were a lot of big character reveals that were hidden from us. That was very exciting.'

DODGY DEALINGS

While the series looks set to keep viewers on the edge of their seats until the closing moments, Nikias hopes it will also encourage the audience to think about the ethical issues that it raises.

'I never want to do a straight thriller,' he says. 'For me, it has to have a richness to it, and lots of layers. One of the themes in this is the idea of dirty money. London is a money-laundering centre, and that's something we play with throughout the show – can you ever have such a thing as "clean money"? Even if you give it to charity, it's passed through so many hands before it gets to you…'

Ellie James and Jacob Fortune-Lloyd as DI Ellie Lloyd and DCI Rhys Covaci

WHO'S WHO IN *STEAL*

DCI Rhys Covaci
Jacob Fortune-Lloyd
An experienced detective with a sharp mind, he's also a recently relapsed gambling addict with money problems of his own.

Myrtle Clarke
Eloise Thomas
The new starter on the trade processing team is a victim of bad timing when the heist happens on her very first day at Lochmill Capital.

Haley Dunne
Anastasia Hille
Zara's mother has been feeling sidelined and ignored by her daughter despite Zara's best attempts to build bridges.

Sword of honour

A likeable little-and-large duo join forces in a *Game of Thrones* prequel

Ser Duncan the Tall
Peter Claffey
The low-born, wandering knight has no master and is sleeping rough – but hopes to make a name for himself.

Egg
Dexter Sol Ansell
Ser Duncan initially refuses to take the youngster on as his squire, but agrees after he proves his worth.

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NEW FANTASY DRAMA

A Knight of the Seven Kingdoms

Monday, 9pm, Sky Atlantic & NOW

Claffey as Ser Duncan

Epic fantasy drama *Game of Thrones* focused on the most powerful royal families in Westeros as they battled to claim the Iron Throne – but Sky Atlantic's new six-part spin-off brings us a story from the opposite end of the sprawling society created by author George RR Martin.

Duncan and Egg

A Knight of the Seven Kingdoms is set a century before the events of the original saga and follows the fortunes of lanky, low-born knight Ser Duncan the Tall.

Born in the King's Landing slum of Flea Bottom, Ser Duncan grew up as an orphan until he was taken in by a wandering 'hedge knight', Ser Arlan of Pennytree (Danny Webb), who served no master.

BRAVE NEW WORLD

The pair have travelled Westeros together, but when Ser Arlan passes away in this week's opening episode, Duncan inherits his title and resolves to follow in his footsteps.

'This story is different from *Game of Thrones* because it comes from the point of view of somebody that is lower than low-born,' says Peter Claffey, who plays Ser Duncan. 'You're really in the filth and you're among the small folk. The Targaryens do arrive on the scene, but that only shows you how they appear from a lowly perspective.'

In contrast to the treacherous characters who usually inhabit Westeros, the lofty Ser Duncan certainly cuts a refreshing figure.

'He's had to overcome an enormous amount of adversity,' explains Claffey, who has appeared in *Vikings: Valhalla* and *Bad Sisters*. 'But Ser Arlan taught him how to be a good and honourable knight, and as *Game of Thrones* fans will know, that's sometimes quite hard to come by. He's trying to live by a decent code of honour. But we see how the world of Westeros really puts that code to the test.'

UNLIKELY FRIEND

Determined to earn his spurs, Ser Duncan sets off for the town of Ashford, where a tournament is due to take place. On the way, he meets precocious stable boy Egg (Dexter Sol Ansell), and allows him to become his squire.

'When you first meet Egg, he is mysterious,' says 11-year-old Ansell. 'He is keen to go with Ser Duncan because he hates his family and wants to get away from them. At first, he thinks that Ser Duncan is not the greatest opportunity, but all Egg wants to do is be loved by someone, so their bond grows and they become like brothers.'

When the odd couple arrive in Ashford, Ser Duncan is only allowed to enter the tournament after Crown Prince Baelor Targaryen (Bertie Carvel) remembers Ser Arlan and speaks up for him.

WORKING TOGETHER

However, when it becomes clear Ser Duncan will be crossing swords with knights of far greater rank, he's forced to lean on his young companion, who knows a surprising amount about Westeros society.

'Egg is a bit of a know-all and he teaches Ser Duncan what he knows,' reveals Ansell. 'Egg shows him how to be a better knight and how to be smarter with things.'

With Egg helping him behind the scenes, Ser Duncan becomes a force to be reckoned with and, amid the splintering lances and slashing swords, an unlikely hero.

'There's a lot of humour in watching him experience this world,' smiles Claffey, 29. 'The show is written in a way that could be deadly serious, but our showrunner, Ira Parker, wanted it to have a discreet humour throughout.'

Claffey is a former Ireland under-20s rugby player who entered the world of acting by posting comedy sketches on social media.

'I had to stop playing rugby when things started to busy up with the acting,' he explains. 'Rugby is quite vicious and violent – a black eye is the least of your worries – so the sport doesn't really go hand in hand with acting. Hopefully we've done George RR Martin's story justice – or else my head will be on a spike!'

WHO'S WHO

Prince Baelor Targaryen
Bertie Carvel

The heir to the Iron Throne, and the current Hand of the King to Daeron II, fondly remembers Ser Duncan's mentor, Ser Arlan of Pennytree.

Prince Maekar Targaryen
Sam Spruell

Baelor's younger brother is a father, including to the drunken Prince Daeron (Henry Ashton), who has gone missing.

Prince Aerion Targaryen
Finn Bennett

Known as Brightflame, Maekar's son develops a rivalry with Ser Duncan when Duncan arrives to compete in the tournament.

Ser Lyonel Baratheon
Daniel Ings

The knight known as the Laughing Storm is heir to House Baratheon and takes a shine to Ser Duncan – but why is he showing an interest in this newcomer?

FIRE country

Sophie Rundle hunts another killer as a moorland blaze threatens her Yorkshire town

NEW CRIME DRAMA

After the Flood

Sunday & Monday, 9pm, ITV1 (box set, ITVX)

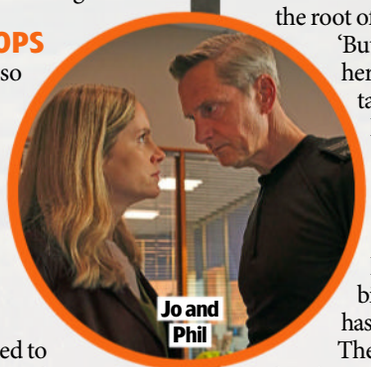
In the first season of ITV1 drama *After the Flood*, viewers saw PC Jo Marshall (Sophie Rundle) hunting a killer against the backdrop of rising floodwaters in the fictional Yorkshire town of Waterside.

Now, the tenacious cop finds herself at the centre of another unfolding disaster as the star-studded crime drama returns for a tense second season.

The six-part thriller sees the newly promoted detective return from maternity leave to tackle a murder investigation when a body is discovered on the moors – at the same time that Waterside comes under threat from wild fires on the surrounding hills.

CORRUPT COPS

The new case also leads Jo to uncover more about the corruption that's been running through Waterside for decades.



Jo and Phil

'Jo was shocked to discover how deep the corruption went last time,' says *Peaky Blinders* star Rundle. 'So when another body turns up in mysterious circumstances, it's like a red rag to a bull for her and the case takes her deeper into the town's murky goings-on.'

At the end of the first season, Jo learnt that her villainous boss, Sergeant Phil Mackie (Nicholas Gleaves), was a murderer and was further horrified to find he'd lured her late father and her detective other half Pat (played by Rundle's real-life partner Matt Stokoe) into his illicit web of corruption.

HIDDEN AGENDA

Phil threatened to destroy her dad's legacy and put Pat in prison if she breathed a word about his criminal ways. But as we return to Waterside, Jo is determined to bring Phil to justice.

'For Jo, it's not just her job,' explains Rundle, 37. 'This is her community and her family that have been involved in the corruption, so she feels she has no choice but to get to the root of it all.

'But Mackie is still her boss and is tangled up in her life. Jo's had a daughter, Eve, since we last saw her, and we see Mackie holding her baby at her first birthday party and Jo has to pretend it's fine.'

The arrival of Eve hasn't repaired the damage caused to Jo and Pat's relationship by his involvement in Phil's schemes and the pair are now living apart. But Pat is desperate to win back Jo's trust and help her make a case against their boss.

'Jo can see Pat's a good man, but it's hard for her to untangle how she feels about him and what their future is,' says Rundle. 'Since they now have a daughter together, it's not as simple as saying goodbye.

'That's one of the things I like about Season 2 – these family relationships are complicated, which is often how it is in real life. It's heartbreaking because there's a lot of love there, but they can't quite find their way back to each other.'

Jo finds herself in a dangerous place

This week's opening episode features a huge blaze on the hills around Waterside, and Rundle loved the chance to take part in the show's big action scenes.

CLIFFHANGER

'We have lots of stunts and smoke, and me pretending I'm good at running, which was fun,' she smiles.

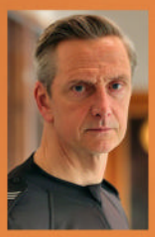
'There's a moment where I'm hanging off a cliff's edge. I was strapped into a harness and the crew had this big crane – it was amazing. Then the next day, the director told me, "We've watched it back and it doesn't quite work, so we have to do it all over again!"'

Jo Marshall
Sophie Rundle
The newly promoted detective is now a mum, but is playing the long game to bring Phil down.

WORDS: SEAN MARLAND, SIMON TIMBLICK. PHOTOS: ITV, BBC, ADOBE STOCK

WHO'S WHO

Sergeant Phil Mackie
Nicholas Gleaves
The devious detective mistakenly believes that Jo has accepted his criminal behaviour.



Pat Holman
Matt Stokoe
Jo's detective ex is desperate to win her back and is keen to see Phil punished for his crimes.

Molly Marshall
Lorraine Ashbourne
Jo's mum is a newly elected councillor for Waterside and is determined to serve her community.

Jack Radcliffe
Philip Glenister
The businessman spent time away after going bankrupt, but still has feelings for Molly.

Alan Benson
Alun Armstrong
The ruthless businessman and local landowner has a shady past, which he wants to keep hidden.

Xav Palmer
Matthew McNulty
A happy-go-lucky charmer with an eye for the ladies, Xav finds himself immediately drawn to Jo.

DS Sam Bradley
Jill Halfpenny
The experienced murder detective has transferred to Waterside from Newcastle.

Tony Rower
Ian Puleston-Davies
The town councillor works closely with Molly and hopes to return home after being flooded out.

STORY OF THE WEEK

SOAP WEEK

This week's soaps at a glance

EMMERDALE

Ray's murderer revealed in special flashback episodes!

» **There was a** shocking double case of murder most horrid in *Emmerdale* recently.

But it remains a mystery who killed drug dealer Ray Walters, shortly after he fatally stabbed his adoptive mum Celia – the evil mastermind behind a modern slavery and drug-trafficking operation.

During a special flashback week of the ITV1 soap, the truth about Ray's murder will finally be revealed. Each weeknight episode rewinds the clock and follows one of the prime suspects in the lead-up to Ray's demise.

The suspects include Ray's love interest Laurel, who is reeling from learning the truth about his monstrous past, plus vengeful parents Marlon and Rhona, who have been out for payback since discovering how teen April was taken advantage of.

Ray with Laurel

Or could village vet Paddy have snapped after being told the devastating news that his dad Bear died, having become one of Celia and Ray's forced workers?

Get watching to find out whodunnit!

» **PLUS** Arthur steals Ray's bag of drugs, leading to a shock confrontation, someone arms themselves with a knife, Rhona gets a visit from a shadowy figure, and what does Ross intend to do with the gun?

ALSO IN THE SOAPS THIS WEEK...

CORONATION STREET

» Tyrone confronts Carl and demands the truth about the hit-and-run (right), Maggie accuses Eva of plotting with Leanne behind her back, Jodie challenges Shona about their dark past, and Kevin snaps and angrily trashes No 13...

EASTENDERS

» Kat is alarmed when Zoe (right) wants to plead guilty to Anthony's killing, Max is determined to stop Oscar leaving with Jasmine, Ian and Elaine's feud continues, and can Sam convince Phil not to take Nigel to Portugal?

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Georgie, Audrey, Mandy and Jim

NEW COMEDY

Georgie & Mandy's First Marriage

Sunday, 8pm & 8.30pm, TLC

Brother beyond

Montana Jordan and Emily Osment star in a *Young Sheldon* spin-off

The *Big Bang Theory* universe expands this week with the launch of the *Young Sheldon* sequel *Georgie & Mandy's First Marriage* on newly free-to-air channel TLC.

Montana Jordan and Emily Osment reprise their roles of Sheldon's older brother Georgie Cooper and his wife Mandy in the sitcom, which, unlike *Young Sheldon*, is filmed in front of a studio audience.

The newly-weds are adjusting to married life and raising their infant daughter CeeCee in the fictional town of Medford, Texas, in 1994, but it's a complicated situation. Georgie is only 19, while Mandy is 31, and the couple are living with Mandy's parents – Jim McAllister (Will Sasso), who employs Georgie at his auto shop, and Audrey (Rachel Bay Jones), who doesn't hide her disdain for her son-in-law.

FAMILY FRICTION

'There are a lot of struggles, especially when you have outsider opinions,' says Jordan, 22. 'But it's very real and something they've just got to work through.'

Adding to Georgie's troubles is the rebellious behaviour of his younger sister Missy (Raegan Revord, also returning from *Young Sheldon*). She has been deeply affected by the loss of her father George Sr (Lance Barber) in the final season of *Young Sheldon*.

'Georgie's taken over the responsibility of watching over her – or trying to at least,' reveals Jordan. 'She's 15 now and going off the rails a little bit.'

As a way of coping with all of this, Georgie goes to his dad's grave and pours out his worries.

Georgie visits his dad's grave

'It's good because it lets Georgie speak his mind and it lets the audience know where his mind is because that's the only time that Georgie actually feels comfortable enough to let out his feelings,' explains Jordan.

Other familiar faces from *Young Sheldon* – Georgie's mother Mary (Zoe Perry) and grandmother Meemaw (Annie Potts) – will also have recurring roles in the new comedy.

'The characters build out the storylines really well and it's probably a comfort to some of our viewers to have those characters cross over because they know them so well,' says Osment, 33.

Annie Potts as Meemaw

NOSTALGIA

So could *Georgie & Mandy's First Marriage* last as long as *Young Sheldon*, which ran for 141 episodes across seven seasons before coming to an end in 2024?

'The show is set in 1994 and I just want the characters to get to the year 2000 so we can start wearing those horrible jeans we all wore back then,' laughs Osment.

WORDS: JUDY EWENS. PHOTOS: GETTY, TLC

LOOK WHO'S BACK...

A familiar face appearing in a new show this week

Guz Khan

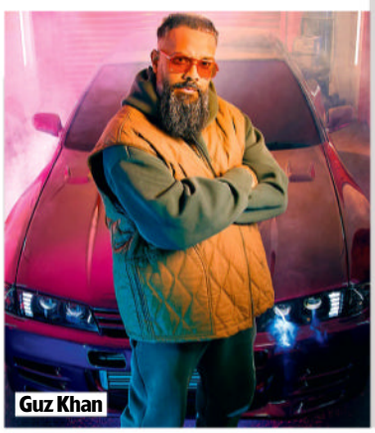
NEW **Guz Khan's Custom Cars**

Monday, 9pm, Quest

Born in Coventry in 1986, the comic has starred as former drug dealer Mobeen in five series of BBC3's *Man Like Mobeen* (inset), which he co-created. Other credits include *Our Flag Means Death*, *The Gentlemen* and the TV version of *Four Weddings and a Funeral*. At Christmas, he starred in BBC1's festive special *Stuffed*, about a family's chaotic holiday to Lapland.

HIS NEW SHOW

In this eight-part series, cameras follow the car-fanatic comedian as he attempts to modify a Honda S2000 into his dream custom motor. Enlisting the services of best friend Lumboo and mechanic Darryn, he hits the road, looking for parts and joining other petrolheads who are modifying their own vehicles. 'I am a novice in this game, so I will be peeking under their hoods, picking up their skills and learning their secrets,' says Khan, 39. 'When my masterpiece is finished, I will reveal it to the most hardcore car-modification nerds on the planet. What could possibly go wrong?'


Guz Khan

Dynamite, ready?

Gladiators star **Emily Steel** on the return of the hit sports game show

Return of the Mac

Michael McIntyre spills the beans on his latest surprises

NEW ENTERTAINMENT

Michael McIntyre's Big Show

Saturday, 6.45pm, BBC1

There's a distinctly sporty flavour to *Michael McIntyre's Big Show* when the funnyman returns to BBC1 with his entertainment juggernaut on Saturday night.

This ninth outing is packed with big stars, big laughs and, of course, big surprises. Kicking things off, rugby star Joe Marler, fresh from his stint on *The Celebrity Traitors*, is disturbed from his slumber to play *Midnight Gameshow*. Meanwhile, ex-England striker Peter Crouch helps surprise a member of the public for *Unexpected Star of the Show*.

'My new favourite game, *Remember Me?*, which debuted last series, is back,' says McIntyre, 49.

WORDS: MICHAEL DARLING, RICHARD MCCLURE. IAN MACEWAN, VICTORIA WILSON. PHOTOS: BBC, C4, QUEST

NEW ENTERTAINMENT

Gladiators

Saturday, 5.45pm, BBC1

Dynamite dominates on The Wall

It's been two years since the reboot of epic 1990s series *Gladiators* exploded on to our screens and introduced us to a new generation of Lycra-clad athletes and bodybuilders.

Among the 18-strong troupe is the show's youngest Gladiator, Emily Steel, AKA Dynamite, who's back for a third series of bouts and battles in Sheffield, as Bradley and Barney Walsh host once again.

TV&Satellite Week caught up with Steel, 22, to find out more…

Did you imagine how big the show would become when you started? I had no clue. I didn't grow up with *Gladiators*. But when we came back for the second series, and the crowds were screaming and we were being stopped in the street by little kids, that's when I realised it was actually quite a big thing!

What can you tell us about this new run? I'm so excited about this year. I can't tease much, but there are so many new and exciting things that people will see.

Have you noticed a difference in the contenders this time around? Yes. They know what they're coming into now and have probably done a bit more research than some of the past contenders would have done. I'm not saying they did better than us, but they have definitely stepped up their game.

You've previously done well on The Wall. Is that your favourite event? Yeah, that's a good one. Height plays a big role in it, and if you're taller, you're obviously able to scale The Wall a lot easier. So, me being the shortest, I use my speed to my advantage to really make up that height difference. I do always seem to catch the contenders a lot!

Which is your least favourite event? Atlaspheres, because the big metal ball is really heavy, so it's hard. But it's still fun!

Hosts Bradley and Barney Walsh

'And Romesh Ranganathan kicks off the first show, being reunited with a girl he snogged at school.

'Another good surprise is in *TV Takeover*, where we teamed up with *EastEnders* to give a fan the biggest shock by producing a bespoke episode based on her own life. It's unmissable.'

Big Surprise is also back, involving large-scale set-ups for deserving people. Previous segments featured an Everton football fan who ended up playing in a match, and a darts fanatic who took on Luke Littler – and won.

'This year, we surprise two young lads who go to the WWE wrestling at the Manchester Arena and end up watching a new tag team called the Manchester Maniacs – who are, in fact, me and their dad in disguise,' laughs McIntyre.

But are there any celebrities who have declined to take part in the show?

'We did inquire about doing a *Midnight Gameshow* on [former world heavyweight boxing champion] Tyson Fury last year – I'm happy to risk my life for ratings,' reveals McIntyre. 'I'd also like to get Coldplay on to do our *Karaoke Surprise*, where we secretly film karaoke singers, then surprise them with the real singer. I ask them every year without success.'

Joe Marler and Romesh Ranganathan

WHAT ELSE CAN I WATCH?

We search the TV schedules to uncover the shows you might have missed...

Astrid: Murder in Paris

NEW

Friday, 9pm, More4 (box set, Channel 4 Streaming)

Rule-breaking detective Raphaëlle Coste (Lola Dewaere) and autistic archivist Astrid Nielsen (Sara Mortensen, above) return for a gripping fifth season of the popular French-Belgian crime drama. They begin by investigating the mysterious death of a woman killed by snake venom. But how is the case linked to a retired hitman known as The Reptile? Meanwhile, Raphaëlle must come to terms with her pregnancy.

The Traitors

Wednesday-Friday, times vary, BBC1

After weeks of betrayals, 'murders' and shocked conversations over croissants at breakfast in the famous Scottish castle – this year with the new twist of the red-cloaked Secret Traitor – viewers will discover who's about to take the money pot. Will any remaining Traitors be unmasked or will the Faithful scoop the prize like last year? Claudia Winkleman (right) oversees the tension.

Blackshore

NEW

Sat, 9pm & 9.55pm, BBC4 (box set, BBC iPlayer)

When Dublin cop Fia Lucey (Lisa Dwan, right) is accused of using undue force, she is sent to her rural home town, where she and Cian Furlong (Rory Keenan) are assigned to the case of a missing woman. Fia must also reckon with a personal tragedy from years earlier when her father, Jack, committed murder.

• ***Previously shown on U&Drama***

Our Farm Next Door: Amanda, Clive and Kids

NEW

Monday, 9pm, More4

We're back on the farm with Yorkshire shepherdess Amanda Owen (right), her ex Clive and their nine children, as they continue renovating a derelict farmhouse. And with the kids growing up and Clive turning 70, talk turns to which of the siblings – if any – will want to take over the reins and run the farm...

WATCHLIST

YOUR

NETFLIX

prime

BBC iPLAYER

Disney+

4

sky box sets

NOW

tv

Stars Rebecca Hall and Evan Peters

Bella Hadid as supermodel Ruby

Drop-dead gorgeous

Ashton Kutcher is a sinister billionaire who creates a miracle beauty drug – with lethal side effects

The Beauty

NEW *Available: Thursday 22 January*
Genre: Thriller Season: 1
Episodes: 11 (first three episodes from Thu 22 Jan, then weekly)

Society's obsession with physical perfection provided the subject matter for recent Demi Moore movie *The Substance*, and now this new Disney+ thriller poses a similar question – just what would we sacrifice for flawless beauty?

Two and a Half Men's Ashton Kutcher stars as a shadowy tech billionaire, known only as The Corporation, who has secretly developed a drug called The Beauty that makes users appear physically perfect.

'The Corporation is about as soft and cuddly and fluffy as his name would imply,' grins 47-year-old Kutcher. 'His goal has been to tap into the fountain of youth and beauty and create a drug that allows people to live pain-free and be the optimal version of themselves, aesthetically and physically, in every way, shape or form.

'However, after he creates the drug, he starts to realise the societal implications. He realises that people will do anything to get it – so he has to keep the genie in the bottle.'

To do so, and to protect his trillion-dollar business empire, The Corporation unleashes his lethal enforcer, a man known simply as The Assassin (Anthony Ramos).

RUTHLESS FIXER

'The Assassin is 100% a psychopath,' reveals Ramos. 'His job is to do whatever needs to be done, and handle whatever situation needs to be handled, to ensure that The Corporation's vision comes to life. It's what he does.'

Produced by the prolific Ryan Murphy, the series features an impressive array of guest stars, including supermodel Bella Hadid as a fictional counterpart called Ruby, and singer Meghan Trainor, while *Pose* actor Jeremy Pope appears as Jeremy, an outsider caught up in the chaos.

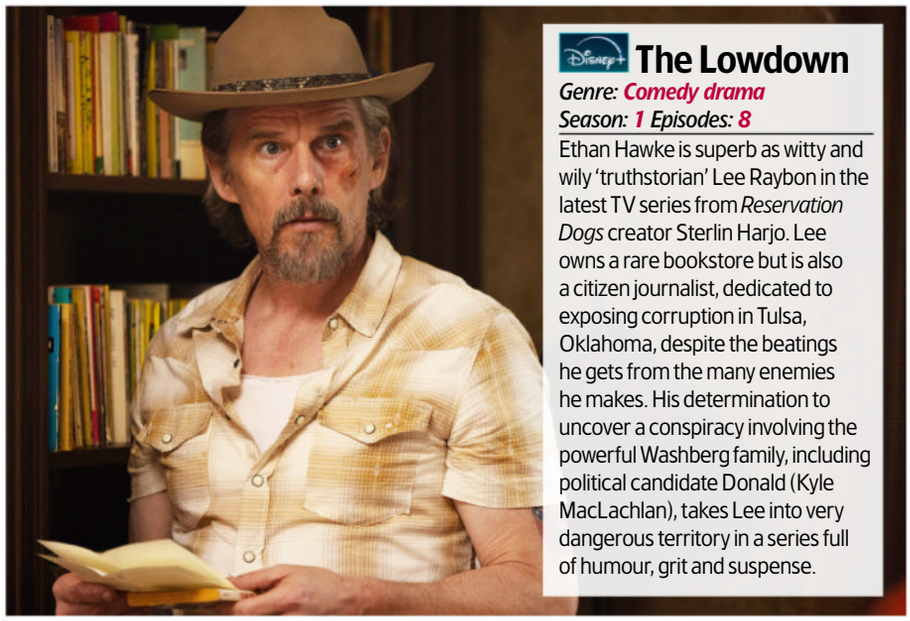
Meanwhile, Evan Peters and Rebecca Hall play FBI agents Cooper Madsen and Jordan Bennett, who are sent to Paris to investigate the mysterious deaths of international supermodels. But as they delve deeper into the case, their discovery sends the pair into the cross hairs of The Corporation.

And as the agents battle to save the future of humanity, the series explores the importance we place on body image.

'If we really think about a world in which intelligence is slowly becoming commoditised by AI, you ask yourself, "What is the next human virtue that's going to be most important in the world?"' says Kutcher. 'Is it beauty? And if it is beauty, then how far will people go to be the most beautiful for real?'

What we're watching...

The shows being enjoyed by the *TVSW* team



The Lowdown

Genre: Comedy drama
Season: 1 Episodes: 8

Ethan Hawke is superb as witty and wily 'truthstorian' Lee Raybon in the latest TV series from *Reservation Dogs* creator Sterlin Harjo. Lee owns a rare bookstore but is also a citizen journalist, dedicated to exposing corruption in Tulsa, Oklahoma, despite the beatings he gets from the many enemies he makes. His determination to uncover a conspiracy involving the powerful Washberg family, including political candidate Donald (Kyle MacLachlan), takes Lee into very dangerous territory in a series full of humour, grit and suspense.

Goodbye June

Genre: Drama
Episodes: One-off

Kate Winslet elicits wonderful performances in her directorial debut, which stars Dame Helen Mirren as June, whose adult children (including Winslet) and other family gather during her final days.

Born to Be Wild

Genre: Nature
Season: 1 Episodes: 6

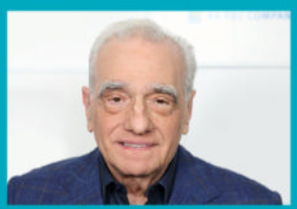
Hugh Bonneville narrates a heart-warming wildlife series following those who raise, rehabilitate and return wild animals back to their natural habitats, beginning with an adorable orphaned moon-bear cub in India.

Now in production...

Three upcoming shows to look out for soon

Beat the Reaper

In Apple TV's dramedy, based on Josh Bazell's novel, Will Poulter (above) will play talented doctor Peter Brown, who works at a struggling hospital in Boston. But Peter's shady past emerges after a patient recognises him...



Martin Scorsese

The film-maker (above) will executive-produce an as-yet-untitled eight-part Netflix drama centring on the president of Las Vegas' premier hotel casino, who goes to extreme lengths to stay on top and expand his empire.

Monsterverse

Wyatt Russell (above) will reprise his role as Lee Shaw in Apple TV's as-yet-untitled spin-off from *Monarch: Legacy of Monsters*. It's set during the Cold War in 1984 as the courageous US operative tries to prevent the Soviets from releasing a deadly new Titan.

WORDS: NATASHA HOLT, CAREN CLARK, JUDY EWENS. PHOTOS: APPLE TV ©2026 DISNEY & ITS RELATED ENTITIES, NETFLIX, GETTY, DISNEY+/FX

Stars Fleur Geffrier and Tomohisa Yamashita

Message in a BOTTLE

Camille and Issei return to **solve a vintage mystery**

Drops of God

NEW *Available: Wednesday 21 January*
Genre: Drama Season: 2
Episodes: 8 (released weekly)

In the first season of Apple TV drama *Drops of God*, we watched as secret siblings Camille (Fleur Geffrier) and Issei (Tomohisa Yamashita) were made to battle each other in a series of wine-based challenges set by Alexandre Léger in his will.

The tasks saw his estranged daughter Camille go head-to-head with his 'spiritual son' and protégé Issei, with the aim of inheriting the most expensive wine collection in the world. But as the pair tried to outwit each other, they discovered they were siblings and eventually put their differences aside.

Now, as the drama returns for a second season, a birthday gift from their late father sets them another task, which sees the pair travelling the world in search of the origins of the world's greatest wine – a mystery that Alexandre was unable to solve in his lifetime.

'They've moved on a lot in their lives,' says Geffrier. 'Camille loves her life, but she will come to understand something – how much her father did her wrong.'

When we first met her brother, Issei was working for his family's successful business. He appeared to have everything but love. Is he any happier?

Camille and Issei

'He has the love from his sister now, but Issei has totally changed since we last saw him,' explains Yamashita. 'He's lost his interest in wine and is haunted by a nightmare, which will lead to him discovering a shocking secret about his past.'

Yamashita admits he had no interest in wine before he started filming the series, but says he's now fallen in love with it. For Geffrier, however, wine was a part of her growing up.

'My dad was a cook, and my grandmother owned a hotel restaurant in the south-west of France for 20 years,' she recalls. 'We were surrounded by vines, so wine has been part of my life since I was born.

'I first tasted it in secret when I was eight years old and then, as an adult, I realised that I loved it. I can remember the big cellars and the smell. It's something related to my childhood and my father.'

Billy Bob Thornton as Tommy Norris

Oil crisis

Rule-bender Tommy Norris faces an **uncertain future**...

Landman

LAST ONE *Available: Sunday 18 January*
Genre: Drama Season: 2 Ep: 10

As the second season of creator Taylor Sheridan's acclaimed oil-industry drama draws to a close, fixer Tommy Norris (Billy Bob Thornton) and his chaotic clan's lives are in danger of imploding following the shocking events of last week.

Fired by company boss Cami (Demi Moore) in the midst of a $400m drilling gamble backed by cartel kingpin Galino (Andy Garcia), Tommy learns about the violent events outside The Patch Cafe, where his son Cooper saved his fiancée Ariana from a brutal sexual assault at the hands of disgruntled customer Johnny.

This week, Tommy regroups with his son amid the fallout, which may have devastating repercussions if Johnny doesn't survive the attack. Father and son also need to consider their options regarding Cooper's risky oil-drilling endeavours funded by ruthless Galino…

'There are twists and turns that I don't think anyone sees coming,' teases Jacob Lofland, who plays Cooper. 'There are surprises, good and bad.'

A third series is currently in the works, and Thornton says he'll be delighted to return for more boom-and-bust drama in Texas.

'Every day is a joy,' he explains. 'Taylor Sheridan is giving people a peek behind the curtain of a business you don't normally see portrayed.'

WORDS: CAREN CLARK, HANNAH DAVIES, ELAINE PENN, ELAINE REILLY. PHOTOS: APPLE TV, BBC, C4, NETFLIX, PARAMOUNT+

High-seas HEROES

Ed Westwick hunts pirates in a swashbuckling period drama

Sgt Murray, Sandokan, Marianna and Lord Brooke

NETFLIX Sandokan: The Pirate Prince

NEW *Available: Mon 19 January Genre: Drama Season: 1 Episodes: 8*

A mysterious mutineer, a beautiful debutante and an aristocratic pirate-hunter collide on the high seas in Netflix's sweeping eight-part adventure *Sandokan: The Pirate Prince*, set in 19th-century British-controlled Borneo.

Based on the books by Emilio Salgari, the reboot of the 1976 Italian drama begins as pirate Sandokan (Turkish actor Can Yaman) seizes a ship belonging to the Sultan of Brunei that's packed with a highly sought-after mineral, antimony.

But when his crew are subsequently attacked by dashing pirate-hunter Lord James Brooke (Ed Westwick), Sandokan washes up on the island base of the British consulate, where he crosses paths with the consul's spirited daughter Lady Marianna (newcomer Alanah Bloor), who dreams of a life free from the constraints of Victorian society. Claiming he's a shipwrecked merchant from Singapore, Sandokan and Marianna grow close, with Marianna increasingly fascinated by Sandokan's seafaring life.

ROMANTIC COMPLICATIONS

But, like countless other aristocratic suitors before him, Lord Brooke is desperate for Marianna's hand in marriage and becomes deeply suspicious of Sandokan's true identity and his intentions. As the trio's fortunes collide, who will survive unscathed?

'*Sandokan* is about adventure, relationships, and about people's quest to find themselves,' says *White Gold* actor Westwick, 38, who's best known for his role as Chuck Bass in *Gossip Girl*. 'All of the characters are somewhat outsiders and they're trying to find their home. There's also a love triangle between Sandokan, Marianna and my character, Brooke. So it's about ambition and being in love, and it's a real coming-of-age story, too.'

The cast includes Owen Teale as Marianna's adoring father Lord Guillonk, alongside John Hannah as Sergeant Murray, a member of the British occupying forces who carries a dark secret.

Hannah, 63, believes the show is more than just an old-fashioned swashbuckling romance.

'There's an environmental message,' says the Scottish actor. 'There are references to the [antimony] mines and to the people who were enslaved and worked in them.

'That element of the series makes it much more contemporary and more than just swashbuckling entertainment. Although swashbuckling entertainment is not to be dismissed!'

Can Yaman as Sandokan

EVERYONE'S TALKING ABOUT...

We point you towards the TV moments you won't want to miss on catch-up

BBC iPLAYER Waiting for the Out

BBC1's drama centres on teacher Dan Stewer (Josh Finan, above), who begins a new job running philosophy classes for inmates in prison. But he remains haunted by visions of his jailbird dad...

BBC iPLAYER Can You Keep a Secret?

In BBC1's comedy, Debbie (Dawn French) and her husband William (Mark Heap, above with French) are pretending that he is dead in order to claim his insurance money. But their son is horrified by the idea...

4 Patience

As C4's crime drama returns, neurodivergent police archivist Patience Evans (Ella Maisy Purvis, above) uncovers clues when a man is found dead with a stake in his chest, but will new boss DI Frankie Monroe (Jessica Hynes) listen?

BBC iPLAYER Lucy Worsley's Victorian Murder Club

The historian (above) looks into the unsolved Thames Torso Murders in BBC2's documentary. As her team of experts try to identify the 19th-century serial killer, evidence leads to a remarkable discovery.

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Pick of the new releases

The best new shows to enjoy this week on streaming services...

The Hillside Strangler
Sunday 18 January

Docuseries about murders that terrorised Los Angeles in the 1970s and the investigation that followed. Twelve women were killed between October 1977 and February 1978, sparking the largest manhunt in the city's history, led by homicide detective Frank Salerno, who tells his story for the first time in more than 40 years.

Sandokan: The Pirate Prince
Monday 19 January

Action adventure. Pirate captain Sandokan (Can Yaman), known as the Tiger of Malaysia, leads his crew in a rebellion against British colonial rule in Southeast Asia in the 19th century. With *White Gold*'s Ed Westwick, John Hannah and *The Revenge Club*'s Owen Teale. See feature, page 17.

Star Search's Anthony Anderson

Suddenly Amish
Monday 19 January

Reality series following six non-Amish Americans as they leave behind their modern lifestyle and step into an Amish community in Pennsylvania where there is no electricity or indoor toilets, and life revolves around working in the fields and going to church.

Star Search
Tuesday 20 January

Reboot of the American talent series, which ran from 1983-1995. Hosted by *Black-ish*'s Anthony Anderson, each episode will spotlight up-and-coming performers in four categories – music, dance, variety/comedy and kids. Streaming live from 2am late on Tuesday 20 January and Wednesday 21 January, the format includes real-time viewer voting.

WWE: Unreal
Tuesday 20 January

The second season of the behind-the-scenes docuseries on WWE features Seth Rollins, Becky Lynch, Cody Rhodes, Rhea Ripley, Pat McAfee, Jelly Roll, R-Truth and Lyra Valkyria.

Kidnapped: Elizabeth Smart
Wednesday 21 January

In the early hours of 5 June 2002, 14-year-old Elizabeth Smart was abducted from her bedroom in her family's home in Salt Lake City, Utah. Smart, her family and investigators revisit the case, including her nine months of captivity.

Steal
Wednesday 21 January

Heist thriller. Zara (Sophie Turner) is working at a pension-fund investment company when a violent gang storm the office and force her and her best friend Luke (Archie Madekwe) to carry out their demands. But who's behind the robbery? Relapsed gambling addict DCI Rhys (Jacob Fortune-Lloyd) investigates. See feature, page 4.

Drops of God
Wednesday 21 January

The second season of the French-Japanese drama set in the world of gastronomy and fine wines. Camille (Fleur Geffrier) and Issei (Tomohisa Yamashita) hunt the origin of the world's greatest wine, a mystery that even their legendary father could not solve. See feature, page 16.

Free Bert
Thursday 22 January

Comedy starring Bert Kreischer, well-known for performing his stand-up routines shirtless, as himself. When his daughter attends an elite private school in Beverly Hills, Kreischer must learn to change his unfiltered behaviour.

The Beauty
Thursday 22 January

Ryan Murphy thriller. When models begin dying in gruesome ways, two FBI agents (Evan Peters and Rebecca Hall) are sent to Paris to investigate and uncover a sexually transmitted virus that transforms people into visions of physical perfection, but with terrifying consequences. Ashton Kutcher co-stars as a shadowy billionaire. See feature, page 14.

Cosmic Princess Kaguya!
Thursday 22 January

Japanese animated musical fantasy. Seventeen-year-old Iroha is busy juggling school with part-time work until she's forced to change her plans when Kaguya, a carefree girl from the moon, crash-lands into her life and convinces her to perform in a virtual world with her.

Finding Her Edge
Thursday 22 January

Canadian teen drama based on Jennifer Iacopelli's novel. Three sisters navigate the pressures of their family's figure-skating legacy. Seventeen-year-old middle sister Adriana trains for the world championships with new partner Brayden, but she is still harbouring feelings for her first love and former partner Freddie.

Canada Shore
Thursday 22 January

In the first-ever Canadian version of the global Shore phenomenon, 10 Canadian singles are brought together for a whirlwind summer of romance, friendships and fun in Kelowna, a city on the Okanagan Lake in British Columbia.

Skyscraper Live
Friday 23 January

American free-solo climber Alex Honnold will attempt to scale Taipei 101, the tallest building in Taiwan, in a live two-hour special. Named for its 101 floors, Taipei 101 stands at 1,667ft and is the 11th-tallest building in the world. Streaming live from 1am late on Friday night.

The Big Fake
Friday 23 January

Italian drama inspired by true events. In the 1970s, an aspiring artist arrives in Rome with dreams of being a painter, but his talent leads him to become a master forger for criminal gangs.

Mother of Flies
Friday 23 January

Horror film. A young woman facing a deadly diagnosis seeks a dark-magic cure from a mysterious recluse in the woods, but as buried secrets claw their way to the surface, the veil between the living and the dead begins to lift.

Phineas and Ferb
Saturday 17 January

More new episodes in Season 5 of the animated musical comedy about inventive stepbrothers Phineas Flynn and Ferb Fletcher as they embark on another 104 days of summer, packed with adventures and schemes, while trying to stay one step ahead of Candace, who is determined to tell on them.

WORDS: JUDY EWENS. PHOTOS: ©2026 DISNEY & ITS RELATED ENTITIES. NETFLIX

Documentaries

The quartet on the 514km trek

Breaking the silence

Aldo Kane and his friends tackle an ultramarathon in the Arctic – and raise awareness around men's mental health

NEW FACTUAL

Arctic Adventure: Ultimate Survival

Monday, 10pm, C4

When former Royal Marines Aldo Kane and Jason 'Foxy' Fox, star of *SAS: Who Dares Wins*, teamed up with soldiers Brian Wood and Karl Hinett to take on the Lapland Arctic Ultra, the four friends were acutely aware of the one thing that would help them get through it – communication.

The race is regarded as the world's toughest ultramarathon and the gang were keen to show how the key to success is to be open and honest about emotions.

'There's a common misconception that if you're in the military, you don't talk about your feelings, but it's actually quite the opposite,' says explorer Kane. 'The more elite you become, the more open and honest you have to be because lives are at risk. Being able to ask for help makes you more resilient. It doesn't make you less of a man.'

The team averaged over 50km per day

The ultramarathon is a gruelling 10-day, 514km trek across Swedish Lapland, where temperatures can plunge as low as -30C.

REFLECTIVE MOOD

Early on, Kane felt his days in the race were numbered when he suffered an Achilles-tendon injury, and being unable to keep pace with the others meant he spent a lot of time thinking about the death of his younger sister Stroma in 2024.

'The injury was really painful but what was harder to manage was that my ego took a bit of a turn because I was there with this elite team and I felt I let them down,' he admits. 'I spent two days after getting injured trying to work out excuses in my head to allow me to drop out and save face. But I couldn't think of a good-enough excuse, so I decided to grind on. I used that time to process Stroma's death and it was definitely cathartic.'

All four friends have experienced mental-health struggles in the past and are hoping to lead by example when it comes to showing that tough guys can be vulnerable, too.

SOBERING STATISTIC

'The biggest killer of men under 50 is suicide and three out of every four people who kill themselves are men. That suggests that the old way of dealing with stuff isn't working. I don't feel weak for being open about something,' says Kane.

'To cross the finish line together was amazing. We did a really hard thing – we put ourselves through the wringer physically and emotionally and dived into some really tough topics along the way. But we got to the other side of it. If it inspires just one person who is struggling to open up, then it's job done.'

Kane, Fox, Hinett and Wood at the finishing line

WORDS: NATASHA HOLT, TESS LAMACRAFT. IAN MACEWAN. PHOTOS: 5, ALAMY BBC, C4, GETTY, SKY

Inside the Factory

Tuesday, 8pm, BBC1

Paddy McGuinness (above) visits the Reckitt factory in Nottingham to see how Strepsils throat lozenges and Nurofen ibuprofen tablets are produced. Meanwhile, Cherry Healey learns why bees make honey, and Ruth Goodman hears how unregulated Victorian chemists were able to sell products containing opium, arsenic, cyanide and cocaine.

Critical Incident: Death at the Border

Wednesday, 9pm, Sky Documentaries

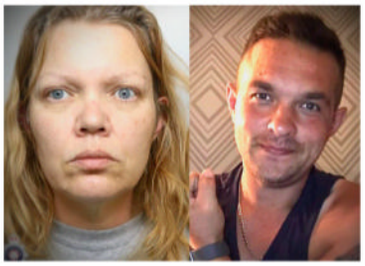
In May 2010, San Diego resident Anastasio Hernández-Rojas was handcuffed, beaten and tasered by US Border Patrol officers, and subsequently died from a heart attack. This film explores the controversial incident, which was investigated following the release of an eyewitness video.

Four Kings

Sunday, 10pm & 11pm, C4 (box set, Channel 4 Streaming)

This four-parter looks back at a quartet of stars from the golden age of British boxing – Frank Bruno, who fought Mike Tyson twice; Lennox Lewis, Britain's first world heavyweight champion in 100 years; 'Dark Destroyer' Nigel Benn; and the unique Chris Eubank.

● Previously shown on Prime Video



Killer in the House

Tuesday, 9pm, ITV1 (box set, ITVX)

This two-part true-crime docuseries looks at killers who were finally brought to justice. The opening episode tells the chilling story of primary-school teacher Fiona Beal, who murdered her partner Nicholas Billingham and buried his body in their back garden. It was unearthed months later in a police search of the property in March 2022.

Fergie and the Fake Sheikh Scandal

Saturday, 9.20pm, 5

Decades before her ex-husband Andrew's involvement in the Jeffrey Epstein scandal came to light, Sarah Ferguson (above) made headlines when undercover reporter Mazher Mahmood, AKA the 'fake sheikh', tricked her into allegedly offering cash for access to the then Prince Andrew. This film recounts the story.

From left: Iolo Williams, Chris Packham and Michaela Strachan

Lake life

The *Winterwatch* team explores a new location...

NEW NATURE

Winterwatch

Tuesday-Friday, 7pm, BBC2

There's a new location for the *Winterwatch* team this year when Chris Packham, Michaela Strachan and Iolo Williams report from Mount Stewart estate in Northern Ireland, where ancient woodlands, the coast of the Irish Sea and the immense lake of Strangford Lough provide a diverse habitat for creatures great and small.

We asked Toby Edwards, who works on the estate as a National Trust area ranger, about the wildlife we can expect to see over four nights of coverage...

LIGHT-BELLIED BRENT GEESE

More than 85% of the world's light-bellied Brent geese population comes to Strangford Lough for winter after migrating from the Canadian Arctic. 'They feed on eel grass in the lough, which is a high-protein food source,' explains Edwards. 'And our location close to the Irish Sea means they can come on to land when it's rough at sea.'

RED SQUIRRELS

'When I first arrived here, the population of red squirrels was down to about 12 but now there are about 40 on the estate and around 120 on the peninsula itself,' says Edwards. 'People love red squirrels – there's that Beatrix Potter connection and they're just not seen in many places, which makes them extra special.'

PINE MARTENS

These shy creatures are now a protected species, which has helped their numbers grow. 'Each pine marten has a unique patterned chest, so it's a handy way to identify individuals,' says Edwards. 'They are fast and agile when they need to be, but are actually quite lazy and prefer convenient food like berries and seeds rather than hunting prey.'

WOODCOCKS

'These birds are incredibly elusive,' says Edwards. 'They only emerge at night and are camouflaged, so you could walk right past one and not know it. I'm excited to have the *Winterwatch* team here with their high-definition thermal cameras and infrared cameras. I'm hoping we'll be able to get a good sense of what's going on.'

Films Our pick of this

Eternity

Callum Turner, **Elizabeth Olsen** and **Miles Teller**
discover three's a crowd in the afterlife!

MOVIE OF THE WEEK

ROMANTIC COMEDY

Available now to buy or rent from digital stores including Prime Video and Sky Store ★★★★

A smart and funny but also sweet and surprisingly deep romantic comedy – with a fantasy vibe similar to genre classics such as *Groundhog Day* – which sets up a tantalising supernatural love triangle. The plot kicks off when newly dead senior Larry (Barry Primus) arrives in an afterlife 'junction' as his younger self (Miles Teller) where he's informed by his 'handler' (a fabulous Da'Vine Joy Rudolph) that he now needs to pick the place where he'd like to spend eternity. The only snag, he wants to spend it with his terminally ill wife Joan (Betty Buckley), but when she turns up too as her best self (Elizabeth Olsen), Teller's Larry discovers he has a rival in Joan's long-dead and impossibly dashing first love Luke (Callum Turner) – who has been waiting for years to spend eternity with the woman he never got to spend a life with. That existential conundrum is played for screwball laughs at first, with Rudolph and her rival handler John Early ramping up the comic effect. But as Joan struggles to chose between the comfort of her relationship with Larry and the thrills of the life she missed with Luke, this eventually becomes a heartfelt look at grief, loss and the enduring power of love... The three leads are all excellent and the clever set-up – while bursting with ideas – never overwhelms the story's emotional truth. 2025, 15, 114MIN

STAR RATINGS ★★★★★ **Excellent** ★★★★ **Very good** ★★★ **Good** ★★ **Average** ★ **Poor**

WORDS: JASON BEST, NIGEL PIZEY, HEIDI RICE

More premieres and Day by Day planner ›››

week's Best Movies

DRAMA

Die My Love

From Friday, Mubi ★★★★

In a career littered with astonishing performances, Jennifer Lawrence has delivered her best so far in Lynne Ramsay's extraordinary *Die My Love*. She plays a woman in the heated throws of love and passion with Robert Pattinson, only to start to unravel when their son is born and she's left to her own devices in a rambling house out in the wilds of Montana, with Pattinson only able to helplessly watch from the sidelines. This movie is less about us witnessing a mental disintegration, though: we're at the centre of it, inside Lawrence's head for good and bad. It may sound dour and bleak, but Ramsay has instead created a rich, absorbing work full of vibrancy and one that's surprisingly funny, even though it's tragically clear where Lawrence is ultimately heading. 2025, 15, 119MIN

Love hurts: Jennifer and Robert

On the menu: Mark, Joel, Lee and Sam

CREATURE FEATURE

Beast of War

Saturday, 8.10am & 2.05am, Sky Premiere ★★★★

What starts as a seemingly traditional war movie – recruits bonding and fighting at a training camp in 1942 Australia – suddenly switches to something much more startling. As the new soldiers are journeying across the Timor Sea to fight the Japanese, their ship is attacked and sunk, leaving a few stragglers, including Mark Coles Smith, Joel Nankervis, Lee Tiger Halley and Sam Delich, clinging to a makeshift raft. With no water, no food and men bleeding out, their predicament is worsened further by a thick blanket of fog – ending any hope of being rescued – and a ferocious 20ft Great White shark picking them off... Stylish and inventive, this movie makes brilliant use of practical effects, especially for the shark, creating a gripping, visceral experience. It's a cracker. 2025, 15, 87MIN

CRIME COMEDY

Drive-Away Dolls

From Saturday, Netflix ★★★

A freewheeling road movie from Ethan Coen (without brother Joel) about two queer chums – loquacious Texan Margaret Qualley and prim Geraldine Viswanathan – on a road trip from Philadelphia to Tallahassee. Trouble is, their rental car just happens to have a sought-after suitcase secreted in its trunk, with its contents prized enough for mobster Colman Domingo to send two goons to retrieve it... There's nothing new here, but Qualley and Viswanathan are highly likeable and the film boasts entertaining cameos from the likes of Matt Damon, Pedro Pascal and pop star Miley Cyrus. 2023, 15, 84MIN

Car trouble: Margaret and Geraldine

Accidental hero: Peter

COMEDY HORROR

The Toxic Avenger

Thursday 2am & Friday 9pm, Sky Premiere ★★★

A remake of 1985's cult comedy horror, but this puts a bit of a twist on things. In the original, a dweeby kid gets pushed into a vat of radioactive acid and emerges as a gigantic monster who rights wrongs. Here, it's sad sack single dad Peter Dinklage who's thrown in the goo, only to come out horribly mutilated and ridiculously strong, but the same size. This new take is a fun riff, but out-spoofing a spoof is a tough ask. That said, it's just as violent (this is gory to the max) and has a cast that can actually act (along with Dinklage there's Kevin Bacon, Elijah Wood, etc). 2023, 15, 102MIN

Films

Code warriors: Jared and Jodie Turner-Smith

SCI-FI ACTION

Tron: Ares

Available now, Disney+ ★★★

More than four decades after Disney's 1982 sci-fi adventure *Tron* won cult status as the first film to employ CGI effects, the studio has come up with a second belated sequel. Like its predecessor, 2010's *Tron: Legacy*, the new movie delivers dazzling visuals ahead of storytelling logic as Jared Leto's AI warrior Ares gets sucked into a battle between rival tech CEOs Eve Kim (Greta Lee, the film's goodie) and Julian Dillinger (Evan Peters, the baddie) for control of an all-important computer code. However, rather than the plot, or Leto's rather bland hero, what drives the action is the thrilling electronic score by Nine Inch Nails, which thrums, throbs and thumps over some spectacular fights and chases, and propels the movie to the finish line. Before then, original star Jeff Bridges – who played a videogame designer sucked into his computer in the 1982 film – pops up to give viewers an additional nostalgic boost. 2025, 12, 119MIN

Hidden gems Great movies you might have missed...

FANTASY

The Fall

Mubi & Prime Video ★★★★

An astounding, wildly imaginative movie, with Lee Pace as an injured stuntman in a 1920s Los Angeles hospital, who tells another patient, a little girl with a broken arm, a story about five mythical heroes. Rarely has a film looked so much like a majestic artwork – it's filmed across the world on the most incredible-looking locations – and it works on the mind, too, as a reflection on the theme of falling. Be amazed, be very very amazed. 2006, 15, 112MIN

DRAMA

Puzzle

Netflix ★★★★

You might expect a story about a mousy, self-effacing woman who blooms after she discovers her hidden talent for competitive jigsaw puzzling to be deadly dull, yet this low-key film proves gently absorbing and surprisingly touching. Kelly Macdonald is perfect in the role of a buttoned-up housewife leading a dreary, self-denying life, and she gets terrific support from Irrfan Khan as the rich and reclusive inventor who becomes her puzzle partner. 2018, 15, 101MIN

COMEDY DRAMA

While We're Young

Prime Video ★★★★

Ben Stiller and Naomi Watts play a childless New York couple in their mid-forties trying to leap the generation gap and ending up falling flat on their faces when they befriend two young hipsters (Adam Driver and Amanda Seyfried). The four stars in this sardonic, satirical comedy deliver pitch-perfect performances, while writer-director Noah Baumbach has fun with both the younger duo's retro-chic poses and the older pair's delusions. 2014, 15, 97MIN

Saturday 17 January

ACTION

Mission: Impossible – Dead Reckoning

8.30pm, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

In his penultimate outing as spy Ethan Hunt, Tom Cruise faces his most dangerous enemy yet: AI. His mission is to retrieve both halves of a mysterious key that is the means of controlling this untold power. There are a lot of people milling about – as well as the usual gang of Ving Rhames, Simon Pegg, Rebecca Ferguson and Vanessa Kirby, new additions include Hayley Atwell and Pom Klementieff. So it's a big and busy film, which does border on the unwieldy at times, but with some breathtaking set pieces – including a car chase in Rome, stunning fight scenes and a satisfying ending – it's impossible not to be entertained. 2023, 12, 163MIN

AI spies: Tom and Rebecca

FANTASY MUSICAL

Wonka

On now, Prime Video ★★★★

Sex ●●● Violence ●●● Language ●●●

A sweet confection in which Willy Wonka (Timothée Chalamet) is a young man with a dream (and a magic hat), hungry to share his bespoke chocolate creations, clinging to his vision as he ends up in hard labour, befriends orphan Calah Lane and clashes with scheming baddies Paterson Joseph, Matt Lucas and Matthew Baynton. Resisting Gene Wilder and Johnny Depp mimicry, Chalamet whisks up his own gentle Wonka and bonds generously with the winning Lane, while Hugh Grant's grumpy Oompa Loompa is a hoot. 2023, PG, 116MIN

ROMCOM

Two Weeks Notice

1.30pm, Sky Cinema Comedy ★★★

Sex ●●● Violence ●●● Language ●●●

New York-based property developer Hugh Grant glides through life with hardly a care in the world, then employs earnest activist lawyer Sandra Bullock, who finds his capitalist ways sit badly with her liberal ideals. So she hands in her notice... Will she really quit? Will they get to like each other? Will he stop knocking down buildings and start helping the community instead? Will it all end happily ever after? The plot is pure piffle, of course, but the perfectly cast stars effortlessly whisk this trifle into a bright, fizzy and funny tonic. 2002, 12, 101MIN

ACTION

Furiosa: A Mad Max Saga

8pm, Sky Action ★★★★

Sex ●●● Violence ●●● Language ●●●

Tough, cunning and determined, Anya Taylor-Joy is ideal as Furiosa in this origins tale of the character played by Charlize Theron in George Miller's *Mad Max: Fury Road*. This brims with Miller's usual jaw-dropping action set-pieces, but is also the most fully realised of the *Mad Max* films (even though it doesn't include Max himself). It's a spectacular opus, with Taylor-Joy's beating heart at the centre of it all as Furiosa sets out to avenge the murder of her mother at the hands of bombastic, sadistic Dementus (a delightfully OTT Chris Hemsworth). 2023, 15, 148MIN

THRILLER

Miami Vice

12.15am, BBC1 (not Scot) ★★★★

Sex ●●● Violence ●●● Language ●●●

Miami detectives Sonny Crockett (Colin Farrell) and Ricardo Tubbs (Jamie Foxx) go undercover as smugglers and take on the narcotics trafficking network of Colombian drug lord Luis Tosar and his evil henchman John Ortiz. Writer-director Michael Mann's updating of his hit 1980s TV series may have little substance, but it oozes flashy style. Farrell and Foxx give gritty, convincing turns and Gong Li, as the gangster's moll Farrell falls for, adds brains and emotion. 2006, 15, 133MIN

■ Full listings start on p35

Sunday 18 January

ROMCOM

Bridget Jones: Mad About the Boy

8pm, Sky Cinema Comedy ★★★★

Sex ●●● Violence ●●● Language ●●●

In the best instalment since 2001's original *Diary*, Renée Zellweger is back for her fourth outing as Helen Fielding's Bridget. She's no longer a Chardonnay-guzzling, cigarette-puffing singleton but a middle-aged widow with two kids who's tentatively trying to date again. Park ranger Leo Woodall and fussy teacher Chiwetel Ejiofor are the very different potential suitors. Naturally, Bridget gets into comic scrapes as she attempts to sort out her love life in a story that is funny, but also heartfelt. Best of all, though, is Hugh Grant's return as caddish Daniel Cleaver, showing off impeccable comic timing and stealing every scene. 2024, 15, 125MIN

Singled out: Renée

CLASSIC CAPER

Charade

1.10pm, Talking Pictures ★★★★

Sex ●●● Violence ●●● Language ●●●

Though the plot has dated, this is a stylish, funny and suspenseful Hitchcock-style thriller boasting great chemistry between stars Cary Grant and Audrey Hepburn (watch out for her ad lib when she asks how he shaves with the dimple in his chin). She's a widow being chased in Paris by a band of sinister crooks and he's a mysterious stranger she doesn't know if she can trust. Constantly exciting with its mix of wit and fast-paced action, it is a rollicking ride. Walter Matthau, George Kennedy and James Coburn also add huge impact. 1963, PG, 114MIN

ANIMATION

Trolls World Tour

2.15pm, BBC1(not Scotland) ★★★

Sex ●●● Violence ●●● Language ●●●

Those unstoppably cheerful creatures with the sticky-up hair return for another colourful musical adventure. This time, Anna Kendrick's perky Poppy and Justin Timberlake's droopy Branch set out to unify six Troll tribes with very different musical tastes. Alas, Queen Barb (Rachel Bloom), brash leader of the Rock trolls, wants to stamp out all other forms of music. The whistlestop tour takes in sing-a-long moments and amusing scrapes for little ones, as well as some neat in-jokes for older viewers – just wait for conductor Gustavo Dudamel, as Trollzart. 2020, U, 91MIN

WAR DRAMA

Schindler's List

10pm, BBC2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

In Poland during World War Two, businessman Oskar Schindler (Liam Neeson) uses the cheapest Jewish slave labour in his factory. However, his attitude gradually changes and, using his unsurpassed talent for bribing Nazi officialdom, saves more than 1,000 of his workforce. The film is a towering achievement, directed by Steven Spielberg with an austere, unflinching realism that allows the horrors of Nazi rule to reveal themselves with stunning clarity. It was nominated for 12 Oscars, winning seven including Best Picture and Director. 1993, 15, 195MIN

DRAMA

How to Blow Up a Pipeline

11.40pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Eight young people, each radicalised by personal traumas, target two vulnerable parts of a major Texas oil pipeline with explosives. Their aim? To devastate the nation's fossil-fuel industry. Part clever heist movie and part rousing call for climate action, Daniel Goldhaber's perfectly paced and impeccably crafted nail-biter offers as much food for thought as heart-racing tension. Ariela Barer (who also co-scripted), Lukas Gage and Sasha Lane head the charismatic cast. 2022, 15, 104MIN

■ Full listings start on p45

Weekday movies over page

Films Weekday movies

Monday 19 January

DRAMA

The Souvenir

11pm, BBC2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Based on her own experiences of living in London in the early-1980s, writer-director Joanna Hogg sets out the troubled, complicated relationship between a young, eager film-maker (Honor Swinton Byrne) and a louche older man (Tom Burke) who's also an addict. The two leads are sensational, able to convey the messy nature of love and power, while Tilda Swinton is excellent, too, playing Byrne's mother (as she is in real life, as well as Hogg's lifelong friend). *The Souvenir Part II* follows at 12.55am. 2019, 15, 120MIN

Passion play: Tom and Honor

COMEDY DRAMA

Save the Cinema

9.10am & 2.10am, Sky Brit Hits ★★★

Sex ●●● Violence ●●● Language ●●●

Inspired by a true story, this charming, if familiar, film follows a Welsh community trying to stop its beloved picture house being levelled to make way for a shopping centre – and finding an unlikely saviour in Steven Spielberg when *Jurassic Park* shared its 1993 London premiere with a screening in Carmarthen. Samantha Morton and Tom Felton are the heroes and Adeel Akhtar and Colm Meaney the baddies. 2021, 12, 109MIN

ROMCOM

Shirley Valentine

8pm, Sky Greats ★★★★

Sex ●●● Violence ●●● Language ●●●

In a sunny comedy that oozes charm, Willy Russell's stage success transfers to the big screen with Pauline Collins re-creating her role as the Liverpool housewife who rediscovers herself during a solo holiday in Greece. Bernard Hill is the unappreciative hubby she leaves behind, Tom Conti is the Greek bar-owner who provides her with a job as well as some romance and Joanna Lumley has a film-stealing cameo. 1989, 15, 108MIN

ACTION

The Contractor

9pm, Film4 ★★★

Sex ●●● Violence ●●● Language ●●●

Chris Pine looks the part as a discharged special forces sergeant who finds work with a private contracting firm run by Kiefer Sutherland's veteran soldier. Director Tarik Saleh gathers together a strong cast – Eddie Marsan, Nina Hoss and Ben Foster all feature – as Pine's first mission in Berlin goes awry. The film unfolds along familiar lines, but Pine is reliable as the family man caught up in corruption and criminality. 2022, 15, 103MIN

ROMCOM

What's Love Got to Do with It?

11.40pm, BBC1(12.10am N Ireland, Scotland) ★★★

Sex ●●● Violence ●●● Language ●●●

Lily James plays an unlucky-in-love documentarian who decides to film her childhood neighbour and best friend (Shazad Latif) after he agrees to an assisted marriage. Scripted by Jemima Khan, this fun yarn is an apt cross-cultural melting pot that works best as a love letter to Pakistani traditions. 2022, 12, 109MIN

■ Full listings start on p55

Tuesday 20 January

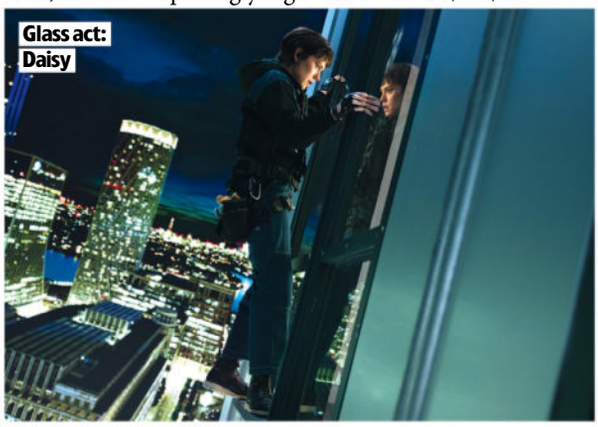
ACTION

Cleaner

6.20pm, Sky Brit Hits ★★★★

Sex ●●● Violence ●●● Language ●●●

Terrorists take over a London skyscraper and hold a party of bigwigs hostage. Luckily ex-military Daisy Ridley's window cleaner, with autistic brother Matthew Tuck, is hanging around to battle extreme eco-warriors Clive Owen and Taz Skylar, hampered only by vertiginous heights and a laughable script. That hardly matters, though, when director Martin Campbell shapes the action sequences superbly and Ridley delivers a character to root for. It's fluff, but of a surprisingly high calibre. 2025, 15, 97MIN


Glass act: Daisy

COMEDY

One of Them Days

9am, Sky Feel Good ★★★

Sex ●●● Violence ●●● Language ●●●

Roommates and besties Keke Palmer and SZA find their friendship, their home and even their lives on the line after their rent money is squandered by SZA's boyfriend (Joshua David Neal). With nine hours to go before they're evicted, they race across LA in a bid to raise the missing cash, but run into an escalating series of disasters. This breezy comedy occasionally veers off course, but for the most part barrels along entertainingly. 2025, 15, 97MIN

COMEDY

Napoleon Dynamite

1.25pm, Sky Cinema Comedy ★★★★

Sex ●●● Violence ●●● Language ●●●

This endearing comedy provides a series of droll snapshots from the life of Idaho nerd Napoleon Dynamite (Jon Heder). Tormented by bullies, spurned by the opposite sex and living with a dysfunctional family, the teen's misadventures are both hilarious and touching. Heder's brilliant performance and Jared Hess' sensitive direction lead us to root for him to triumph in the face of adversity. 2004, PG, 95MIN

DRAMA

The Fighter

9pm, Legend ★★★★

Sex ●●● Violence ●●● Language ●●●

This superior sports drama, based on a remarkable true story, stars Mark Wahlberg as 'Irish' Micky Ward, a boxer in 1990s Massachusetts whose career is on the ropes. Christian Bale plays his crack-addicted half-brother Dicky, who insists on acting as his trainer, while their mum (Melissa Leo) is his manager. Then feisty barmaid Charlene (Amy Adams) persuades Micky he can be success if he cuts loose from his family. 2010, 15, 116MIN

ACTION COMEDY

The Fall Guy

12.30am, Sky Action ★★★★

Sex ●●● Violence ●●● Language ●●●

Stunt performer Ryan Gosling stands in for A-lister Aaron Taylor-Johnson and is having a thing with Emily Blunt's camera operator, until an accident changes everything. Then, 18 months later, he's called to a shoot in Australia where Blunt is director, and none-too-happy to see him, and Taylor-Johnson is missing. A snappy, sharp ride with great star chemistry and ace action. 2023, 12, 126MIN

■ Full listings start on p65

Wednesday

ACTION COMEDY

Polite Society

9pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Suburban schoolgirl and wannabe stunt performer Ria Khan (Priya Kansara) is the unusual hero of writer-director Nida Manzoor's action comedy, which centres on a ferocious sibling bond. Ria's idolised elder sister Lena (Ritu Arya)

Glittering career: Priya and Ritu

HORROR

Nosferatu

3.25pm, Sky Sci-Fi/Horror ★★★★

Sex ●●● Violence ●●● Language ●●●

Robert Eggers' retelling of *Dracula* follows FW Murnau's 1922 silent classic, so prepare for a chilling encounter with Count Orlok (Bill Skarsgård, under layers of icky prosthetics). Orlok lures naive solicitor Nicholas Hoult from 1838 Germany to Transylvania and shares a creepy psychic bond with his new bride (Lily-Rose Depp). It's a visually stunning film, though overly melodramatic. 2024, 15, 132MIN

MUSICAL

A Star Is Born

8pm, Sky Drama ★★★★★

Sex ●●● Violence ●●● Language ●●●

Previously filmed in 1937, 1954 and 1976, this showbiz saga proves as fresh as ever thanks to co-writer, director and star Bradley Cooper and Lady Gaga. He's a hard-drinking country-rock star and she's a struggling singer-songwriter who fall in love, but as her career takes off his begins to slide... Gaga is electrifying and Cooper is similarly wonderful. The film was nominated for eight Oscars and won for best song, *Shallow*. 2018, 15, 136MIN

21 January

has fallen suspiciously rapidly for wealthy doctor Salim (Akshay Khanna), so Ria is determined to torpedo their upcoming marriage. Propelled by an inventive approach, mashing up Jackie Chan-style combat, goofy gags and high-school comedy with Bollywood spectacle, this is a charm-bomb of a movie. 2023, 12, 100MIN

COMEDY

Bookworm

10.40pm, Sky Family ★★★★

Sex ●●● Violence ●●● Language ●●●

This quirky comedy from New Zealand stars Nell Fisher (excellent) as a precocious kid who meets her American illusionist dad (Elijah Wood) for the first time after her mum ends up in hospital. The pair try to connect with a camping expedition in which they end up in all manner of scrapes, while Fisher is determined to video a mythic black panther. The result is terrific fun, full of sardonic wit and glorious scenery. 2024, 12, 103MIN

THRILLER

Sew Torn

4.15am, Sky Thriller ★★★★

Sex ●●● Violence ●●● Language ●●●

This darkly comic thriller sees mobile seamstress Eve Connolly stumble upon two near-dead bikers and a briefcase. Should she take the case, call the police, or drive away? Each scenario is played out as she tries to extricate herself from deadly situations with the use of spools of thread. It's enjoyably suspenseful and highly intriguing. 2024, 15, 100MIN

■ Full listings start on p75

Thursday 22 January

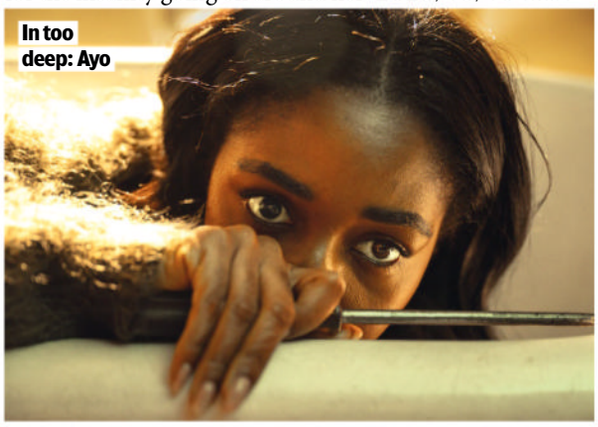
HORROR MYSTERY

Opus

8pm, Sky Sci-Fi/Horror ★★★★

Sex ●●● Violence ●●● Language ●●●

One of only six people, Ayo Edibiri's journalist is chosen to go to hear the latest music of a legendary reclusive musician (a magnificent John Malkovich) who's releasing his first album in 27 years. But she has little idea of a what's in store when she arrives at his compound – it seems… culty. And things only get weirder. And bloodier. The first film by the ex-editor of *GQ*, Mark Anthony Green, this becomes increasingly sinister, with Edebiri proving a superb anchor for the insanity going on around her. 2025, 15, 104MIN



In too deep: Ayo

COMEDY

Don't Tell Mom the Babysitter's Dead

Starts today, Netflix ★★★

Sex ●●● Violence ●●● Language ●●●

This fizzed up, much improved remake of the 1991 film is smart and witty, getting lots of freshness from focusing on an African-American family. This time, it's 17-year-old Simone Joy Jones who has to go out to work (fake ID and CV sorted thanks to her whiz-kid younger sister Ayaamii Sledge) to support her siblings after their racist sitter (June Squibb) pops her clogs while mum is away at a retreat. 2024, 15, 95MIN

COMEDY HORROR

The Radleys

6.35am & 2.05am, Sky Brit Hits ★★★

Sex ●●● Violence ●●● Language ●●●

In a British coastal town, the Radleys seem like any other family – mum and dad Kelly Macdonald and Damian Lewis and kids Bo Bragason and Harry Baxendale. But after Bragason wards off a sexual assaulter by flinging him across the forest floor and drinking his blood, Lewis and Macdonald fess up – they're (abstinent) vampires! A terrific black satire of suburban life told with wit and bite. 2024, 15, 115MIN

THRILLER

Drive

11pm, Legend ★★★★★

Sex ●●● Violence ●●● Language ●●●

Oozing attitude, Ryan Gosling is the nameless hero at the wheel of this terrific thriller, playing a Hollywood stunt driver who moonlights as a getaway driver. He is very much a lone wolf until he befriends his vulnerable neighbour (Carey Mulligan), a young mother whose husband is in prison. However, his efforts to help out the family lead him into taking part in a blood-soaked heist with fateful, very violent consequences. 2011, 18, 100MIN

DRAMA

A Dog's Purpose

11.15pm, Sky Feel Good ★★★

Sex ●●● Violence ●●● Language ●●●

A dog goes through a series of reincarnations and gets into scrapes and perils while proving a boon companion to its various owners. This wholesome family movie is fairly schmaltzy, but director Lasse Hallström ensures it is an effective mix of comedy, adventure and sentiment. Dennis Quaid leads the human stars and Josh Gad provides the frisky canine vocals. 2017, PG, 100MIN

■ Full listings start on p85

Friday 23 January

MYSTERY

The Eternal Daughter

11pm, BBC2 ★★★

Sex ●●● Violence ●●● Language ●●●

A tale of grief that's slight, but with moments of profundity and armed with two Tilda Swintons. She's elderly Rosalind and her film-maker daughter Julie in a plot that sees the pair visiting a fusty manor-house hotel shimmering with possible spectres. Julie is trying to write a screenplay (the one we see play out in front of us) about her mother. On the surface, the pair's exchanges are banal, yet loaded with meaning, and, while little happens, their relationship shifts to deliver an emotional payoff. 2022, 12, 96MIN

Watchful: Tilda

ANIMATION

The Wild Robot

6.05pm, Sky Feel Good ★★★★

Sex ●●● Violence ●●● Language ●●●

A shipwrecked household robot washes ashore on an island and reluctantly finds herself playing adoptive mum to an orphaned gosling. This heartwarming animation is a tad mawkish but overall a triumph, with stunning visuals and a script that combines smart and funny gags with thoughtful ideas about AI and ecology. Lupita Nyong'o, Pedro Pascal and Bill Nighy head the fab voice cast. 2024, U, 102MIN

DRAMA

The G

9pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Brutally bleak, but brilliantly effective, this Canadian thriller has a magnificently mean, profanity-spouting Dale Dickey as a grandma (nicknamed The G) who falls foul, along with her invalid husband, of a scam in which old people's assets are signed over to a legal third party. Problem is, Dickey has a very dark past, as her so-called guardian (Bruce Ramsey) will find out... This tricksy, twisty tale pulls no punches and Dickey is a knockout. 2023, 15, 106MIN

COMEDY

The Inbetweeners Movie

11.05pm, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Stow your good taste at the door for a hilarious movie outing for the four friends from suburbia. After leaving school, swotty Will (Simon Bird), gormless Neil (Blake Harrison), lovelorn Simon (Joe Thomas) and sex-obsessed Jay (James Buckley) take off on a 'sun, sand, sex, sea and sex' holiday to Greece, only to discover their disastrous luck and tragic pick-up capabilities have come along, too. 2011, 15, 93MIN

BIOPIC

My Friend Dahmer

1.35am, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

This chilling but compassionate and insightful coming-of-age biopic about notorious serial killer Jeffrey Dahmer focuses on his last year of high school in the 1970s. Ross Lynch is terrific as Dahmer, a loner whose odd behaviour sees him egged on and taken up as a class clown by a clique led by Alex Wolff's 'Derf' Backderf (on whose graphic novel the film is based). 2017, 15, 107MIN

■ Full listings start on p95

Sport week

Your ultimat best of the week's live action

Jannik Sinner

LIVE TENNIS

From Sat, TNT Sports & Discovery+

The 2026 tennis season begins in earnest this week as the opening Grand Slam of the year gets under way at Melbourne Park in the early hours of Saturday night.

In the men's singles, all eyes will be on arch-rivals Carlos Alcaraz and Jannik Sinner, who have shared the last eight majors between them, while the USA's Madison Keys will be fighting to retain the women's crown after claiming her first Slam in Australia 12 months ago...

THE MAIN EVENT

Australian Open

Jannik Sinner goes for a hat-trick of wins in Melbourne

HEATED RIVALRY

World No 1 Carlos Alcaraz enters the Melbourne tournament as the men's top seed, even though the 22-year-old Spaniard has yet to progress beyond the quarter-finals in four attempts. By contrast, his Italian rival Jannik Sinner is aiming to become only the second player to win three consecutive men's singles titles in the Open era of the event, after Novak Djokovic.

Ten-time champion Djokovic last won in 2023, and the tournament is still his best chance to win a record 25th major at the age of 38. Britain's Jack Draper will be absent due to an arm injury.

Spain's Carlos Alcaraz

World No 1 Aryna Sabalenka

ARYNA'S NEW BATTLE

After losing to Nick Kyrgios in the entertaining Battle of the Sexes over the festive period, world No 1 Aryna Sabalenka is out for revenge following her defeat in the final to Madison Keys last year.

The Belarusian will face stiff competition from Wimbledon champion Iga Swiatek, who, like Carlos Alcaraz, is aiming to complete a career grand slam.

Madison Keys in 2025

Britain's Emma Raducanu will hope to have recovered from recent injury, while seven-time Slam winner Venus Williams will become the oldest woman to compete in the main draw after she was handed a wild card at the age of 45.

WORDS: RICHARD MCCLURE. PHOTOS: GETTY

Julian Cash (left) and Lloyd Glasspool

DOUBLES DELIGHT

Men's doubles often goes under the radar, but British pairs are enjoying something of a golden era right now. Julian Cash and Lloyd Glasspool ended the year as world No 1, thanks to becoming the first UK duo in 89 years to win at Wimbledon. Elsewhere, Brit Henry Patten and his Finnish partner Harri Heliövaara claimed victory at the ATP Finals, beating GB's Joe Salisbury and Neal Skupski. Will the UK have more to cheer about in Melbourne?

ALFIE IN ACTION

Britain's Alfie Hewett claimed the men's wheelchair doubles title with partner Gordon Reid last year, along with the men's singles crown, defeating his nemesis, Tokito Oda of Japan, in the final. The 28-year-old from Norwich will be renewing his rivalry with the teenage world No 1 this week after losing in the Wimbledon and French Open finals to Oda, who also claimed the US Open title for the first time in September to secure a career golden slam (which includes Paralympic gold).

Alfie Hewett (left) with Tokito Oda

LIVE FOOTBALL

Champions League

Tuesday & Wednesday, Prime Video & TNT Sports

As the tournament's league phase returns with the penultimate match-day seven, table-topping Arsenal travel to Inter Milan on Tuesday (kick-off 8pm, Prime Video), being all but guaranteed of a place in the knockout stage after six straight wins that have featured five goals from Gabriel Martinelli. Also on Tuesday, Spurs host Borussia Dortmund in what could be a crucial fixture (k-o 8pm, TNT Sports 1), while Wednesday's games include Liverpool's trip to a Marseille side featuring highly rated striker Igor Paixão (k-o 8pm, TNT Sports 1) and Chelsea's match against Cypriot side Pafos, which sees former defender David Luiz return to Stamford Bridge (k-o 8pm, TNT Sports 3).

David Luiz

Arsenal's Gabriel Martinelli

Harry Brook

LIVE CRICKET

Sri Lanka v England: First ODI

Thu, play starts 9am, TNT Sports 1

Ahead of next month's T20 World Cup, England and Sri Lanka begin a white-ball series featuring three one-day internationals and three T20s. As the ODI action begins in Colombo on Thursday, captain Harry Brook's squad includes opening batters Ben Duckett and Zak Crawley, middle-order batter Tom Banton and pace bowler Brydon Carse. A good performance in the series will help England's efforts to qualify for the 50-over World Cup in 2027.

Orlando Magic star Desmond Bane

LIVE BASKETBALL

NBA in London

Sunday, tip-off 5pm, Prime Video

The NBA hosts its first regular-season game in the UK since 2019 as Memphis Grizzlies face off against Orlando Magic at London's O2. Both teams made the play-offs last year, but have been inconsistent this season, with Magic shooting guard Desmond Bane proving to be an astute purchase since moving to Orlando from the Grizzlies last summer, a trade that saw two-time NBA champion Kentavious Caldwell-Pope move to Memphis. The NBA has also announced it will stage a regular-season match in Manchester in 2027.

Aston Villa's Lucy Parker

LIVE FOOTBALL

Women's FA Cup: Fourth Round

Sat & Sun, TNT Sports & C4

As the Women's Super League sides enter the draw, WSL2's Sunderland meet top-tier London City Lionesses (Sat, kick-off 12.15pm, TNT Sports 1), who appointed new Spanish coach Eder Maestre earlier this month. On Sunday, Arsenal take on WSL rivals Aston Villa (k-o 2pm, C4 & TNT Sports 1). In September the sides drew 1-1 in the league, with goals from Frida Maanum and Lucy Parker.

Sport A-Z and football planner »»

TV&Satellite week

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Sport week A-Z GUIDE

AMERICAN FOOTBALL

LIVE NFL Divisional Play-off
Sat 9pm Sky Sports Main Event & Sky Sports NFL

LIVE NFL Divisional Play-off
Sat 1am Sky Sports Main Event & Sky Sports NFL

LIVE NFL Divisional Play-off
Sun 7.30pm 5, Sky Sports Main Event & Sky Sports NFL

LIVE NFL Divisional Play-off
Sun 11.30pm Sky Sports Main Event & Sky Sports NFL

BASKETBALL

LIVE Dallas Mavericks v Utah Jazz
Sat 10pm Sky Sports+
The NBA Western Conference game at American Airlines Center.

LIVE Memphis Grizzlies v Orlando Magic
Sun 5pm Prime Video (tip-off 5pm) NBA inter-conference match from London. See p29.

LIVE Atlanta Hawks v Milwaukee Bucks
Mon 6pm Sky Sports Mix
NBA Eastern Conference fixture.

LIVE Cleveland Cavaliers v Oklahoma City Thunder
Mon 7.30pm Sky Sports+
The NBA inter-conference match.

LIVE New York Knicks v Dallas Mavericks
Mon 10pm Sky Sports+ & 11pm Sky Sports Main Event
The NBA inter-conference game from Madison Square Garden.

LIVE Detroit Pistons v Boston Celtics
Mon 1am Sky Sports Main Event & Sky Sports+
The NBA inter-conference fixture.

LIVE Houston Rockets v San Antonio Spurs
Tue 1am Sky Sports Mix
NBA Western Conference match.

LIVE Los Angeles Lakers v Denver Nuggests
Tue 3am Sky Sports Main Event & Sky Sports+
NBA Western Conference game.

BOWLS

LIVE World Indoor Championships
Mon-Fri 1pm BBC2

Rugby union
Henry Arundell and his Bath teammates face Gloucester in the Prem on Friday

COMBAT SPORTS

LIVE One Championship
Fri 2am Sky Sports Mix

CRICKET

LIVE Adelaide Strikers v Melbourne Renegades
Sat 6am Sky Sports Cricket

LIVE Bangladesh v India
Sat 7.15am Sky Sports Mix

LIVE Perth Scorchers v Melbourne Stars
Sat 9.15am Sky Sports Cricket

LIVE Durban's Super Giants v Paarl Royals
Sat 12.35pm Sky Sports Cricket

LIVE Joburg Super Kings v Pretoria Capitals
Sat 3.20pm Sky Sports Cricket & 3.30pm Sky Sports Main Event

LIVE Zimbabwe v England
Sun 7.15am Sky Sports+
The U19 World Cup Group C match.

LIVE Afghanistan v West Indies
Sun 7.15am Sky Sports Mix

LIVE Brisbane Heat v Sydney Sixers
Sun 8.10am Sky Sports Cricket

LIVE India v New Zealand
Sun 1pm TNT Sports 4
The third and final ODI.

LIVE Sunrisers Eastern Cape v MI Cape Town
Sun 1.20pm Sky Sports Cricket

LIVE Pakistan v Scotland
Mon 7.15am Sky Sports Cricket & 7.30am Sky Sports Main Event
The U19 World Cup Group C match.

LIVE Ireland v Sri Lanka
Mon 7.15am Sky Sports Mix
The U19 World Cup Group A fixture.

LIVE Gujarat Giants v Royal Challengers Bengaluru
Mon 1.50pm Sky Sports+

LIVE Paarl Royals v Joburg Super Kings
Mon 3.20pm Sky Sports Cricket & 3.30pm Sky Sports Main Event

LIVE Northern Brave v Central Stags
Mon 4.45am TNT Sports 1

LIVE Bangladesh v New Zealand
Tue 7.15am Sky Sports+

LIVE Australia v Japan
Tue 7.15am Sky Sports Mix

LIVE Big Bash League
Tue, Wed & Fri 8.25am Sky Sports Cricket; Tue 8.30am Sky Sports Main Event

LIVE Delhi Capitals v Mumbai Indians
Tue 1.50pm Sky Sports Cricket & 2pm Sky Sports Main Event

LIVE Afghanistan v Tanzania
Wed 7.15am Sky Sports+

LIVE England v Scotland
Wed 7.15am Sky Sports Mix & 7.30am Sky Sports Main Event
The U19 World Cup Group C game.

LIVE India v New Zealand
Wed 1.15pm TNT Sports 1

LIVE SA20
Wed-Fri 3.20pm Sky Sports Cricket & 3.30pm Sky Sports Main Event

LIVE South Africa v West Indies
Thu 7.15am Sky Sports Cricket & Sky Sports Mix

LIVE Sri Lanka v England
Thu 8.30am TNT Sports 1
The first match of the three-game ODI series held at R Premadasa Stadium in Colombo. See p29.

LIVE Gujarat Giants v Up Warriorz
Thu 1.50pm Sky Sports+

LIVE Canterbury Kings v Wellington Firebirds
Thu 4.45am TNT Sports 1

LIVE Australia v Sri Lanka
Fri 7.15am Sky Sports+

LIVE Bangladesh v USA
Fri 7.15am Sky Sports Mix

LIVE India v New Zealand
Fri 1.15pm TNT Sports 1

CYCLING

LIVE Cyclocross
Sun 2pm TNT Sports 3

DARTS

LIVE World Series of Saudi Arabia Masters
Mon & Tue 4pm ITV4

GOLF

LIVE Dubai Invitational
Sat & Sun 7.30am Sky Sports Main Event & Sky Sports Golf
Days three and four staged at Dubai Creek Golf & Yacht Club.

LIVE Latin America Amateur Championship
Sat & Sun 4pm Sky Sports Golf
Days three and four in Peru.

LIVE Sony Open
Sat & Sun 7pm Sky Sports Golf
The third and fourth days in Hawaii.

LIVE Jupiter Links Golf Club v Los Angeles Golf Club
Tue 12m't Sky Sports Main Event & Sky Sports Golf
The fourth TGL match in Florida.

LIVE Hero Dubai Desert Classic
Wed & Thu 4am, Fri 4.30am Sky Sports Main Event & Sky Sports Golf
Days one to three in the UAE.

LIVE American Express
Thu & Fri 4.30pm Sky Sports Golf, 10.30pm Sky Sports Main Event
Days one and two from the Pete Dye Stadium Course at La Quinta.

HORSE RACING

LIVE Ascot
Sat 1.15pm ITV1

LIVE Windsor
Sun 1.30pm ITV4

ICE HOCKEY

LIVE Washington Capitals v Florida Panthers
Sat 12m't Premier Sports 2

LIVE Vancouver Canucks v Edmonton Oilers
Sat 3am Premier Sports 1

LIVE Detroit Red Wings v Ottawa Senators
Sun 10pm Premier Sports 2

LIVE Edmonton Oilers v St Louis Blues
Sun 1am Premier Sports 1

LIVE Washington Capitals v Colorado Avalanche
Mon 9pm Premier Sports 2

LIVE Toronto Maple Leafs v Minnesota Wild
Mon 12.30am Premier Sports 2

LIVE Dallas Stars v Boston Bruins
Tue 12.30am Premier Sports 2

LIVE Los Angeles Kings v New York Rangers
Tue 3am Premier Sports 1

LIVE Toronto Maple Leafs v Detroit Red Wings
Wed 12m't Premier Sports 2

LIVE Calgary Flames v Pittsburgh Penguins
Wed 2.30am Premier Sports 1

LIVE Nashville Predators v Ottawa Senators
Thu 1am Premier Sports 2

LIVE Minnesota Wild v Detroit Red Wings
Thu 2.30am Premier Sports 1

LIVE Toronto Maple Leafs v Vegas Golden Knights
Fri 12m't Premier Sports 2

LIVE Vancouver Canucks v New Jersey Devils
Fri 3am Premier Sports 1

MOTORSPORT

LIVE World Rally Championship
Thu 3pm & 5.30pm TNT Sports 4; Fri 8am, 9.30am, 10.45am, 1.45pm, 3.30pm & 5pm TNT Sports 2

POOL

LIVE Ultimate Pool
Mon 6pm TNT Sports 1

RUGBY UNION

LIVE Sharks v Clermont Auvergne
Sat 12.30pm Premier Sports 1 (kick-off1pm) The Champions Cup Pool One match.

LIVE Ulster v Stade Francais
Sat 12.45pm Premier Sports 2 (kick-off1pm) The Challenge Cup Pool Three game at Affidea Stadium.

LIVE Stormers v Leicester Tigers
Sat 3pm Premier Sports 1 (kick-off 3.15pm) Champions Cup Pool Four fixture at DHL Stadium.

LIVE Bayonne v Leinster
Sat 3pm Premier Sports 2 (kick-off 3.15pm) The Champions Cup Pool Three match.

LIVE Munster v Castres
Sat 5.15pm Premier Sports 1 (kick-off 5.30pm) Champions Cup Pool Two match at Thomond Park.

LIVE Toulouse v Sale
Sat 5.15pm Premier Sports 2 (kick-off 5.30pm) The Champions Cup Pool One game.

LIVE Ospreys v Montpellier
Sat 7.45pm S4C (kick-off 8pm) The Challenge Cup Pool One match.

LIVE Gloucester v Toulon
Sat 7.45pm Premier Sports 2 (kick-off 8pm) The Champions Cup Pool Two fixture from Kingsholm.

LIVE Bristol Bears v Bordeaux Begles
Sun 12.30pm Premier Sports 1 (kick-off1pm) The Champions Cup Pool Four game from Ashton Gate.

LIVE Exeter Chiefs v Cardiff
Sun 12.45pm Premier Sports 2 (kick-off1pm) The Challenge Cup Pool Three match at Sandy Park.

LIVE Northampton Saints v Scarlets
Sun 3pm Premier Sports 1 (kick-off 3.15pm) The Champions Cup Pool Four game from cinch Stadium @ Franklin's Gardens.

LIVE La Rochelle v Harlequins
Sun 3pm Premier Sports 2 (kick-off 3.15pm) The Champions Cup Pool Three match.

LIVE Glasgow Warriors v Saracens
Sun 5.15pm Premier Sports 2 (kick-off 5.30pm) The Champions Cup Pool One fixture.

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Football planner

LIVE Gloucester v Bath
Fri 7pm TNT Sports 1 (kick-off 7.45pm) The Prem encounter from Kingsholm.

LIVE Munster v Dragons
Fri 7pm Premier Sports 1 (kick-off 7.45pm) The United Rugby Championship fixture.

LIVE Edinburgh v Bulls
Fri 7pm Premier Sports 2 (kick-off 7.45pm) The United Rugby Championship match.

LIVE Ospreys v Lions
Fri 7.30pm S4C (kick-off 7.45pm) United Rugby Championship game.

SKIING

LIVE Ski Jumping
Sat 6am TNT Sports 3; Sat 1.45am & Tue 7.15am TNT Sports 2; Wed 7.15am TNT Sports 1

LIVE Alpine Skiing
Sat 9.30am TNT Sports 3; Sun 8.45am, Tue 9.30am & 12.30pm TNT Sports 2; Sun 11.45am & Fri 10.30am TNT Sports 1

LIVE Nordic Combined Skiing
Sat 10.30am & 11.15am TNT Sports 2

LIVE Cross Country Skiing
Sat 3.30pm TNT Sports 4; Fri 1.30pm TNT Sports 3

SNOOKER

LIVE Masters
Sat 12.45pm TNT Sports 2, 1pm BBC1 (Scotland, 2.30pm), 2.45pm TNT Sports 1 & 4.30pm BBC2
The opening semi-final from Alexandra Palace in London.

LIVE Masters
Sat 6.45pm TNT Sports 2 & 7pm BBC2
The second semi-final staged at Alexandra Palace in London.

LIVE Masters
Sun 12.45pm & 6.45pm TNT Sports 2, 1pm & 7pm BBC2
The final from Alexandra Palace.

TENNIS

LIVE Australian Open
Sat-Mon 12.30am & Tue 8.15am TNT Sports 1; Sat-Mon 12.30am TNT Sports 3 & TNT Sports 4
Days one to three of the opening Grand Slam event of the season, featuring first-round matches staged at Melbourne Park. See p28.

LIVE Australian Open
Tue 12.30am, Wed 8.45am & 12.30am TNT Sports 1; Tue & Wed 12.30am TNT Sports 3 & TNT Sports 4
Days four and five of the Grand Slam, featuring second-round matches held at Melbourne Park.

LIVE Australian Open
Thu & Fri 12.30am TNT Sports 1, TNT Sports 3 & TNT Sports 4
Days six and seven of the Grand Slam, featuring third-round matches from Melbourne Park.

WINTER SPORTS

LIVE Bobsleigh
Sat 9am, 10.30am, 1pm & 2.30pm TNT Sports 4

LIVE Biathlon
Sat 1.30pm & Fri 5pm TNT Sports 3

LIVE Luge
Sat 3.15pm TNT Sports 3

LIVE PREMIER LEAGUE

Manchester United v Manchester City

Saturday, kick-off 12.30pm, Sky Sports Main Event & Sky Sports Premier League

The Stretford End will demand a better performance than United's last home league game, a draw with Wolves. In September's reverse fixture, Phil Foden scored his seventh City goal against their rivals.

LIVE AFCON

Africa Cup of Nations Final

Sunday, kick-off 7pm, E4

The winners are decided in Moroccan capital Rabat. Two years ago, Ivory Coast claimed the title thanks to performances from Willy Boly (above) and current captain Franck Kessié, who earned his 100th cap in this year's round-of-16 win over Burkina Faso.

LIVE EUROPA LEAGUE

SC Braga v Nottingham Forest

Thursday, kick-off 8pm, TNT Sports 1

Forest still have some work to do as they aim for automatic qualification to the knockout stage, and matchday seven sees Sean Dyche's men travel to Portugal. A late winner from Igor Jesus secured a Forest win over Utrecht last time out.

Saturday 17

LIVE Western Sydney Wanderers v Newcastle Jets
6am TNT Sports 4 (kick-off 6am)

LIVE Central Coast Mariners v Macarthur FC
7am TNT Sports 2 (kick-off 7am)

LIVE Adelaide United v Melbourne Victory
8.30am TNT Sports 1

LIVE Manchester United v Manchester City
11am Sky Sports Main Event & Sky Sports Premier League (kick-off 12.30pm) The Premier League match from Old Trafford.

LIVE Sunderland v London City Lionesses
11.30am TNT Sports 1 (kick-off 12.15pm) Women's FA Cup fourth-round game. See p29.

LIVE Dunfermline Athletic v Hibernian
12noon BBC1 (Scotland only) (kick-off 12.30pm) Scottish Cup.

LIVE Coventry City v Leicester City
12noon Sky Sports Football (kick-off 12.30pm) The Championship fixture.

LIVE Ipswich Town v Blackburn Rovers
12.25pm Sky Sports+ (kick-off 12.30pm) Championship match staged at Portman Road.

LIVE AFCON
3.50pm E4 (kick-off 4pm) The third-place play-off match at Mohammed V Stadium, Morocco.

LIVE Nottingham Forest v Arsenal
4.30pm TNT Sports 1 (kick-off 5.30pm) The Premier League game at the City Ground.

LIVE Swansea City v Birmingham City
5pm Sky Sports Main Event & Sky Sports Football (kick-off 5.30pm) The Championship fixture staged at Swansea.com Stadium.

LIVE RB Leipzig v Bayern Munich
5.20pm Sky Sports+ (kick-off 5.30pm) The Bundesliga match from Red Bull Arena.

LIVE Cagliari v Juventus
7.30pm TNT Sports 3 & 8pm TNT Sports 1 (kick-off 7.45pm) Serie A game at Unipol Domus.

LIVE Hearts v Falkirk
7.45pm Premier Sports 1 (kick-off 8pm) Scottish Cup.

LIVE Real Betis v Villarreal
8pm Disney+ (kick-off 8pm)

Sunday 18

LIVE Sydney FC v Wellington Phoenix
6am TNT Sports 2 (kick-off 6am)

LIVE Wolverhampton Wanderers v Newcastle United
1pm Sky Sports Main Event & Sky Sports Premier League (kick-off 2pm) The Premier League match from Molineux.

LIVE Arsenal v Aston Villa
1.30pm C4 & TNT Sports 1 (kick-off 2pm) The Women's FA Cup fourth-round game.

LIVE Aberdeen v Raith Rovers
2.15pm BBC1 (Scotland only) (kick-off 2.30pm) The Scottish Cup fourth-round game at Pittodrie.

LIVE Hibernian v Rangers
4pm BBC Alba (kick-off 4.10pm) The SWPL fixture from Broadwood.

LIVE Aston Villa v Everton
4pm Sky Sports Main Event & Sky Sports Premier League (kick-off 4.30pm) The Premier League match held at Villa Park.

LIVE Auchinleck Talbot v Celtic
5.15pm Premier Sports 1 (kick-off 5.30pm) The Scottish Cup fourth-round fixture.

LIVE AFCON
6.30pm E4 (kick-off 7pm) The final at Prince Moulay Abdellah Stadium in Rabat, Morocco.

LIVE AC Milan v Lecce
7.30pm TNT Sports 1 (kick-off 7.45pm) The Serie A match from San Siro.

LIVE Real Sociedad v Barcelona
8pm Premier Sports 2 (kick-off 8pm) The LaLiga game.

Monday 19

LIVE Brighton & Hove Albion v Bournemouth
6.30pm Sky Sports Main Event & Sky Sports Premier League (kick-off 8pm) The Premier League match at Amex Stadium.

LIVE Elche v Sevilla
7.55pm Premier Sports 1 (kick-off 8pm) The LaLiga match.

Tuesday 20

LIVE Kairat Almaty v Club Brugge
3.30pm TNT Sports 1 (kick-off 3.30pm) The Champions League fixture staged at Astana Arena. See p29.

LIVE Bodo/Glimt v Manchester City
5pm TNT Sports 2 (kick-off 5.45pm) The Champions League match staged at Aspmyra Stadion.

LIVE Tottenham Hotspur v Borussia Dortmund
7pm TNT Sports 1 (kick-off 8pm) The Champions League fixture at Tottenham Hotspur Stadium.

LIVE Wrexham v Leicester City
7.30pm Sky Sports Main Event & Sky Sports Football (kick-off 8pm) The Championship match held at StoK Racecourse.

LIVE Coventry City v Millwall
7.35pm Sky Sports+ (kick-off 7.45pm) The Championship match.

LIVE Real Madrid v Monaco
7.45pm TNT Sports 2 (kick-off 8pm) The Champions League match from Bernabeu.

LIVE Sporting Lisbon v Paris Saint-Germain
8pm TNT Sports 4 (kick-off 8pm) The Champions League match.

LIVE Inter Milan v Arsenal
8pm Prime Video (kick-off 8pm) The Champions League match staged at San Siro.

Wednesday 21

LIVE Newcastle Jets v Adelaide United
8am TNT Sports 2 (kick-off 8am)

LIVE Galatasaray v Atlético Madrid
5.45pm TNT Sports 4 (kick-off 5.45pm) The Champions League match held at Rams Park.

LIVE Marseille v Liverpool
7pm TNT Sports 1 (kick-off 8pm) The Champions League fixture staged at Orange Vélodrome.

LIVE Newcastle United v PSV Eindhoven
7pm TNT Sports 2 (kick-off 8pm) The Champions League fixture staged at St James' Park.

LIVE Chelsea v Pafos
7pm TNT Sports 3 (kick-off 8pm) The Champions League match staged at Stamford Bridge.

LIVE Stoke City v Middlesbrough
7.30pm Sky Sports Main Event & Sky Sports Football (kick-off 8pm) Championship.

LIVE Southampton v Sheffield United
7.35pm Sky Sports+ (kick-off 7.45pm) Championship.

Thursday 22

LIVE Fenerbahce v Aston Villa
5pm TNT Sports 1 (k-o 5.45pm) The Europa League fixture.

LIVE Bologna v Celtic
5pm TNT Sports 2 (k-o 5.45pm) The Europa League match staged at Stadio Renato Dall'Ara.

LIVE PAOK v Real Betis
5.45pm TNT Sports 3 (kick-off 5.45pm) The Europa League game at Toumba Stadium.

LIVE Lincoln City v Burton Albion
7.30pm Sky Sports Main Event & Sky Sports Football (k-o 8pm) The League One match.

LIVE SC Braga v Nottingham Forest
7.45pm TNT Sports 1 (kick-off 8pm) The Europa League game at Estadio Municipal de Braga.

LIVE Rangers v Ludogorets
7.45pm TNT Sports 2 (kick-off 8pm) The Europa League match held at Ibrox Stadium.

LIVE Celta Vigo v Lille
8pm TNT Sports 4 (kick-off 8pm) The Europa League game staged at Estadio Abanca-Balaídos.

LIVE AS Roma v VfB Stuttgart
8pm TNT Sports 3 (kick-off 8pm) The Europa League match.

Friday 23

LIVE Newcastle Jets v Wellington Phoenix
8.30am TNT Sports 1

LIVE Everton v Brighton & Hove Albion
6.30pm Sky Sports Premier League & Sky Sports Mix (kick-off 7pm) The Women's Super League fixture at Goodison Park.

LIVE St Pauli v Hamburg
7.30pm BBC iPlayer (kick-off 7.30pm) The Bundesliga match at Millerntor-Stadion.

LIVE Arbroath v Greenock Morton
7.30pm BBC Scotland (kick-off 7.45pm)

LIVE Derby County v West Bromwich Albion
7.30pm Sky Sports Main Event & Sky Sports Football (kick-off 8pm) Championship game at Pride Park.

LIVE Inter Milan v Pisa
7.30pm TNT Sports 2 (kick-off 7.45pm) Serie A match.

LIVE Auckland FC v Central Coast Mariners
4am TNT Sports 2 (kick-off 4am)

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Saturday

17 January

Evening Planner

Football

Premier League

Sky Sports & TNT Sports 1

Coverage of the Manchester derby from Old Trafford (k-o 12.30pm), and Nottingham Forest v Arsenal (5.30pm).

Entertainment

Gladiators

BBC1, 5.45pm

Bradley and Barney Walsh are back with the physical challenge show, with Apollo among the returning Gladiators.

Entertainment

Michael McIntyre's Big Show

BBC1, 6.45pm

Romesh Ranganathan's memory is tested by Michael, as the show returns.

Tennis

Australian Open

TNT Sports & Discovery+, from 12.30am

The first Grand Slam tournament of 2026 starts, with American Madison Keys (above) set to defend her title.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	‹ 6.45 Michael McIntyre's Big...	7.45 The Weakest Link	8.30 Casualty	9.20 Waiting for the Out			10.15 News	10.30 Match of... †
	102 BBC2	7.00 Snooker: The Masters – Live: Coverage of the second semi-final						10.00 Songs of Survival at the BBC	
	103 ITV1	7.00 The Masked Singer		8.30 The 1% Club			9.30 News	9.45 Film: Bad Boys II	
	104 CHANNEL 4	‹ 6.30 Best Homes...	7.30 Valley of the Kings: Secret Tomb...	8.30 Film: Mission: Impossible – Dead Reckoning					
	105 5	‹ 6.55 Royal Births, Marriages & Deaths		7.55 Beatrice and Eugenie: A Royal Dilemma		9.20 Fergie and the Fake Sheikh Scandal		10.20 Most Shocking...	
	106 SKY SHOWCASE	‹ 6.45 The Simpsons		8.30 Rob & Romesh vs Team GB: Winter...			9.30 Film: The Bourne Identity		
ENTERTAINMENT	115 BBC3	7.00 Doctor Who		8.30 Gavin & Stacey			9.30 Mrs Brown's Boys		10.30 The Young...
	116 BBC4	7.00 Ulster...	7.20 The Good Old Days	8.10 Hetty Wainthropp Investigates		9.00 Blackshore			
	118 ITV2		7.25 Film: Jurassic World: Fallen Kingdom					10.00 Love Island All Stars: Unseen Bits	
	136 MORE4	‹ 6.55 Four in a Bed		8.00 24 Hours in A&E					
	135 E4	7.00 The Simpsons				9.00 Celebrity Gogglebox		10.00 Celebrity Gogglebox for Stand Up to...	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Law & Order: Criminal Intent		10.00 Blue Bloods	
	108 SKY ATLANTIC	‹ 6.50 Game of Thrones				9.00 Heated Rivalry			
	110 U&GOLD	‹ 6.35 Only Fools and Horses							
	111 U&DAVE	7.00 Gavin & Stacey				9.00 Superstore			
	119 ITV3	‹ 6.10 Midsomer Murders						10.10 Vera	
	120 ITV4	7.00 American Pickers				9.00 English Football League Highlights			10.30 Wrestling...
	112 COMEDY CENTRAL	7.00 Film: 3 Men and a Baby				9.00 Film: Big Daddy			
	152 SKY SCI-FI	7.00 Star Trek: Enterprise							
	113 SKY MAX	7.00 Stargate Universe				9.00 Rob & Romesh vs Team GB: Winter...		10.00 Peacemaker	
	109 U&ALIBI	7.00 Shakespeare & Hathaway		8.00 Death in Paradise		9.00 Father Brown		10.00 Allegiance	
	124 SKY ARTS	‹ 6.00 I Am Johnny Cash	7.45 Classic Albums			9.00 John & Yoko: Above Us Only Sky			
	132 U&W	7.00 Pete Wicks: For Dogs' Sake		8.00 One Born Every Minute				10.00 The Supervet: Noel Fitzpatrick	
DOCUMENTARY	125 DISCOVERY	7.00 Scrapyard Dynasty		8.00 Secrets Underground		9.00 Marooned with Ed Stafford		10.00 In the Eye of the Storm	
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Extinct or Alive		9.00 Alaskan Bush People: Book of Bird		10.00 Tanked	
	129 NAT GEO	7.00 Seconds from Disaster		8.00 Apocalypse: The Fall of Hitler				10.00 Nazi Death Camp: The Great Escape	
	123 SKY HISTORY	7.00 Airport Security: USA				9.00 Seized at Sea			
	155 U&YESTERDAY		7.05 Robson Green: World's Most Amazing...	8.05 Bangers & Cash					
	121 SKY DOCS	7.00 Spitfire				9.00 JFK Revisited: Through the Looking Glass			
FILMS – Sky Cinema	301 PREMIERE	‹ 5.30 Nuremberg		8.00 The Ballad of Wallis Island				9.45 28 Years Later	
	302 FEEL GOOD	‹ 6.10 You've Got Mail		8.15 Jerry Maguire					10.40 Shirley...
	303 TRANSFORMERS	‹ 5.25 Transformers: Dark of the Moon		8.00 Transformers: Age of Extinction					
	304 GREATS	‹ 6.30 Ace Ventura Pet Detective		8.00 Ace Ventura: When Nature Calls			9.40 Big Daddy		
	305 ANIMATION	‹ 5.45 Smurfs	7.25 The Adventures of Tintin: The Secret of the Unicorn			9.25 Scarygirl			
	306 FAMILY	‹ 6.00 Pokemon: Detective Pikachu		7.55 Stuart Little		9.25 Stuart Little 2			
	307 ACTION	‹ 5.30 Bad Boys II		8.00 Furiosa: A Mad Max Saga					10.40 Birds...
	308 COMEDY	‹ 6.25 Police Academy 3: Back in Training		8.00 Ted			9.50 Ted 2		
	309 THRILLER	‹ 5.50 Sherlock Holmes: A Game of...		8.00 The Bourne Ultimatum				10.00 Snatch	
	310 DRAMA	‹ 5.10 Amadeus		8.00 Legends of the Fall					10.20 Dallas Buyers Club
	311 SCI-FI	‹ 5.40 The Matrix Reloaded		8.00 The Matrix Revolutions					10.15 The Matrix: Resurrections
	313 FILM4	‹ 6.45 Entrapment				9.00 Heat			
SPORT	401 MAIN EVENT	‹ 5.00 EFL – Live (Kick-off 5.30)		8.00 Match Centre		9.00 NFL – Live: Coverage of the first Divisional play-off match			
	402 PREMIER LEAGUE	7.00 Gillette Labs Soccer Saturday Fan Zone		8.00 Transfer 360	8.30 Game of the Day				10.30 PL Highlights
	403 FOOTBALL	‹ 5.00 EFL – Live (Kick-off 5.30)		8.00 EFL Highlights	8.30 EFL Cup Highlights		9.30 The Story of...	10.00 EFL Highlights	
	405 CRICKET	7.00 Big Bash League				9.00 SA20			
	410 TNT SPORTS 1	‹ 4.30 Premier League – Live (Kick-off 5.30)		8.00 Serie A – Live: Cagliari v Juventus				9.45 PL Big Interview	10.15 UEFA Magazine
	411 TNT SPORTS 2	‹ 6.45 Snooker Masters – Live: Coverage of the second semi-final from Alexandra Palace in London							10.30 Cricket Reload

‹ Denotes programmes starting before 7.00pm † Regions vary

SATURDAY

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Saturday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
10.00 **Saturday Kitchen** New edition (S)
11.30 **Nadiya's Simple Spices** Nadiya makes a chicken curry. (S)(R)(AD)
12.00 NOON **Football Focus** (S)
12.45 PM **BBC News** (S)
1.00 **LIVE Snooker: The Masters** Coverage of the opening semi-final from Alexandra Palace in London, played over the best of 11 frames. *Continues on BBC2.* (S)
4.30 **Final Score** Results round-up. (S)
5.25 **BBC News** (S)
5.35 **Local News** (S)
5.45 **NEW SERIES Gladiators** 1/11. Bradley and Barney Walsh host the return of the game show. Giant has the battle of his life, Legend's nose is put out of joint, and a brand new event is unveiled. *See feature, page 12.* (S)(AD)

7.45 The Weakest Link

6 PM
6.45 **NEW SERIES Michael McIntyre's Big Show** 1/6. An evening of comedy and music from London's Theatre Royal Drury Lane, featuring guests Peter Crouch, Abbey Clancy, Romesh Ranganathan, Melanie C and Joe Marler. *See feature, page 12.* (S)

7 PM
7.45 **The Weakest Link** New edition 8/12. Steve Pemberton, Cherry Healey, Sian Welby, Jason Mohammad, Dean McCullough, Ashley Storrie, Sanjeev Kohli and Charley Marlowe take part. (S)

8 PM
8.30 **Casualty** *Learning Curve – Part Two:* 2/10. Kim fights to prove herself while treating the survivors of a disaster at a school, but panics when she tries to help a boy trapped in the rubble who is struggling to breathe. (S)(AD)

9 PM
9.20 **Waiting for the Out** New episode 3/6. Dan pushes his mother for answers she won't give about his father. With Phil Daniels. (S1) (S)(AD)
■ Entire series on BBC iPlayer

10 PM
10.15 **BBC News** (S)
10.30 **Match of the Day** The latest Premier League action, including Manchester United v Manchester City at Old Trafford and Nottingham Forest v Arsenal at the City Ground. (S)
■ More tomorrow at 10.30pm
11.55 **The Football Interview** Kelly Somers chats to Crystal Palace manager Oliver Glasner. (S)
12.15 AM **FILM Miami Vice** Crime thriller based on the 1980s TV cop series, starring Colin Farrell, Jamie Foxx, Gong Li and Naomie Harris. (S) (2006, 15, 120min) ★★★★
2.15 **Weather for the Week Ahead** (S)
2.20 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **Children's Programmes**
8.50 **Monty Don's Rhineland Gardens** A journey along the Rhine. (S)(R)
9.50 **FILM The Red Shoes** Vintage drama starring Moira Shearer. (S)(AD) (1948, U, 130min) ★★★★★
12.00 NOON **Rick Stein's Australia** (S)(R)
1.00 PM **Nigel Slater's Simple Cooking** Preparing spicy dishes with a cool accompaniment. (S)(R)
1.20 **FILM Dunkirk** World War Two drama starring John Mills and Richard Attenborough. (S) (1958, b/w, PG, 130min) ★★★★
3.30 **Earth** 3/5. A look at how plant life transformed the planet. (S)(R)(AD)
4.30 **LIVE Snooker: The Masters** Further coverage of the opening semi-final from Alexandra Palace, London. *Continues at 7.00pm.* (S)
5.30 **Flog It!** From Stockport. (S)(R)

7.00 Snooker: The Masters

6 PM
6.00 **Cheetah Family & Me** 2/2. Wildlife film-maker Gordon Buchanan follows two female cheetahs and their cubs as they navigate harsh environments, dangerous wildlife and dwindling prey. (S)(R)(AD)

7 PM
7.00 **LIVE Snooker: The Masters** Hazel Irvine presents coverage of the second semi-final from Alexandra Palace in London, played over the best of 11 frames. Then-reigning world champion Kyren Wilson booked his place in the final at this stage last year with an impressive 6-3 victory over Judd Trump. With commentary and analysis from Steve Davis, Ken Doherty, Stephen Hendry, John Parrott and John Virgo. (S)

10 PM
10.00 **Songs of Survival at the BBC** An archive collection of songs on a survival theme, from the likes of Gloria Gaynor, Destiny's Child and US rockers Survivor with the theme song to *Rocky III, Eye of the Tiger*. (S)(R)
12.30 AM **FILM Let It Snow** Ukrainian horror starring Ivanna Sakhno. After sneaking onto a restricted slope, a snowboarder must survive not only nature, but the snowmobile rider out for her blood. Partly subtitled. (2020, 15, 85min) ★★
1.55 **Sign Zone: The Night Manager** 3/6. Pine secretly finds the proof he needs. (S2) (S)(R)(AD)
2.55 **Sign Zone: Waterloo Road** (S)(R)
3.50 **to 6.05** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **James Martin's Great British Adventure** In Cornwall. (S)(R)(AD)
6.30 **Love Your Weekend with Alan Titchmarsh** With Mark Addy. (S)(R)
8.25 **Prue Leith's Cotswold Kitchen** New edition With Raymond Blanc.
9.25 **ITV News** (S)
9.30 **James Martin's Saturday Morning** New edition (S)
12.00 NOON **Ainsley's Taste of the Bahamas** New edition (S)
12.30 PM **Simply Raymond Blanc** (S)(R)
1.00 **ITV News** (S)
1.15 **LIVE Racing** Today's meetings from Ascot and Haydock Park. (S)
4.00 **Millionaire Hot Seat** Quiz. (S)(R)
4.30 **Ant & Dec's Limitless Win** Father-and-daughter duo David and Emma take part. (S)(R)(AD)
5.30 **ITV News** (S)
5.45 **Local News** (S)

12.25 The Hunting Wives

6 PM
6.00 **Wheel of Fortune** New edition Graham Norton hosts the game show as operations manager Emma, partnerships manager Ebona and consultant Dan compete to win big money prizes. (S)(AD)

7 PM
7.00 **The Masked Singer** New edition 4/8. Joel Dommett welcomes five of the incognito celebrities back to the stage to take part in a Spooktacular special. Ben Shephard joins regular panellists Jonathan Ross, Davina McCall, Maya Jama and Mo Gilligan to try to guess who they are before the identity of one of the famous faces is revealed. (S)(AD)

8 PM
8.30 **The 1% Club** New edition Quiz hosted by Lee Mack in which the questions are about logic and common sense, with 100 contestants having a chance of winning up to £100,000. (S)(AD)

9 PM
9.30 **ITV News** (S)
9.45 **FILM Bad Boys II** Action comedy thriller sequel starring Martin Lawrence and Will Smith as Miami cops striving to bring down a Cuban drug lord. With Gabrielle Union, Joe Pantoliano and Jordi Mollà. (S) (2003, 15, 160min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

12.25 AM **The Hunting Wives** New episode 5/8. Sophie tries to manage her situation, Callie navigates possible inroads back to Margo, and Jill is determined to protect her son. (S1) (S)(AD)
■ Entire series on ITVX
1.15 **Teleshopping**
3.00 **Long Lost Family** (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Wheel of Fortune** (R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.05 AM **Kirstie's House of Craft** (S)(R)
6.20 **The King of Queens** (S)(R)(AD)
7.35 **Everybody Loves Raymond** 14&15/16. (S9) (S)(R)(AD)
8.25 **Frasier** 22-24/24. (S8) (S)(R)(AD)
9.55 **The Simpsons** (S)(R)(AD)
11.20 **FILM My Spy** Comedy starring Dave Bautista and Chloe Coleman. A nine-year-old blows the cover of a secret agent and blackmails him into training her for active duty. (S) (2020, 12, 115min) ★★★
1.15 PM **A Place in the Sun** A couple seek their dream holiday home in Tarragona, north-east Spain. (S)(R)
2.15 **Four in a Bed** Five editions of the B&B challenge. (S)(R)
5.00 **News** (S)
5.30 **Location, Location, Location** Two couples search for new homes in Edinburgh.(S)(R)

7.30 Valley of the Kings

6 PM
6.30 **New Zealand's Best Homes with Phil Spencer** New edition Phil explores three homes that embrace and celebrate change – a Bay of Islands retreat, a two-storey penthouse apartment above a jewellery store, and a rundown 100-year-old villa. (S)

7 PM
7.30 **Valley of the Kings: Secret Tomb Revealed** Series finale 2/2. The team of archaeologists battle to finish the excavation, with never-before-seen evidence suggesting that Howard Carter stole treasures from the tomb of Tutankhamun. (S)(AD)

8 PM
8.30 **FILM Mission: Impossible – Dead Reckoning** Action thriller starring Tom Cruise, Hayley Atwell and Simon Pegg. The IMF team race to acquire two halves of an interlocking key that can regain control of a lethal artificial intelligence. (S)(AD) (2023, 12, 190min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.40 **FILM The Transporter** Action thriller starring Jason Statham. (S) (2002, 15, 100min) ★★★
1.20 AM **Ramsay's Kitchen Nightmares USA** (S)(SL)(R)
2.10 **Couples Come Dine with Me** From Essex and east London. (S)(R)
3.00 **Jamie's £1 Wonders** (S)(SL)(R)
3.55 **Kirstie and Phil's Love It or List It** A bungalow in St Osyth. (S)(R)
4.45 **to 5.55** AM **The Simpsons** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.05 **Entertainment News** (S)
9.15 **Alexander Armstrong in South Korea** (S)(R)(AD)
12.05 PM **Dogs Behaving (Very) Badly** Graeme Hall takes on an English bulldog in Leeds. (S)(R)
1.05 A police officer is being held hostage in his own home by his spaniel-pointer cross. (S)(R)
2.00 Graeme helps to calm down a Great Dane. (S)(R)
3.00 **Our Yorkshire Farm** Amanda and Clive and their children endure a heatwave. (S)(R)
4.00 All hands are on deck to get the sheep ready for the auction ring. (S)(R)
5.00 **Britain's Favourite Ads of the 70s & 80s** A celebration of memorable commercials. (S)(R)

9.20 Fergie and the Fake Sheikh...

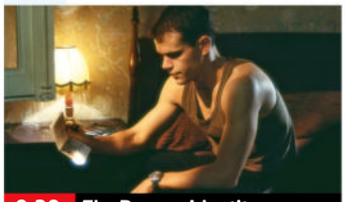
6.45 **News** (S)
6.55 **Royal Births, Marriages & Deaths** New edition The story of the craftswomen from the Royal School of Needlework who made the lace for Catherine, Princess of Wales's wedding dress, but did not know who it was for until the day of the event. (S)
7.55 **Beatrice and Eugenie: A Royal Dilemma** A profile of the Princesses of York, featuring archive footage and interviews with royal insiders and people who know them. (S)(R)
9.20 NEW **Fergie and the Fake Sheikh Scandal** The story of a 2010 sting operation in which a *News of the World* journalist posed as a businessman and filmed a meeting with Sarah Ferguson, which led to a royal scandal. (S)
10.20 **Most Shocking Moments of the 80s** A look at celebrity scandals that defined the decade, from Madonna's arrival on the pop scene, to doomed royal relationships. (S)(R)
12.10 AM **My Lover, My Killer** The killing of Jennifer Poole. (S)(R)
1.05 **PlayOJO Live Casino Show** (S)
3.05 **Rich House, Poor House** (S)(R)
3.55 **Susan Calman's Grand Week by the Sea** Scarborough. (S)(R)
4.40 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Monkey Life** (S)(R)
7.00 **Africa's Hunters** (S)(R)
9.00 **Big Cat Country** (S)(R)
10.00 **The Simpsons** Four episodes of the comedy, including at: **11.00** *When Nelson Met Lisa*: An episode set in the future in which Lisa and Nelson become an unlikely couple. (S)(R) **11.30** *Game Done Changed*: Bart discovers a profitable glitch in an online game. (S)(R)
12.00 NOON **Gillette Labs Soccer Saturday: Build-Up**
3.00 PM **Gillette Labs Soccer Saturday** The latest news from this afternoon's football.
5.00 **The United Way** The story of Manchester United Football Club, co-written and narrated by Eric Cantona. (S)(R)(AD)



9.30 The Bourne Identity

6.45 **The Simpsons** *My Life As a Vlog:* Through a series of YouTube videos, the story of the rise and fall of the Simpson family vlog is revealed. (S)(R)
7.10 **The Simpsons** *The Many Saints of Springfield:* Ned Flanders falls on hard times. (S)(R) **7.35** *Homer's Crossing:* Homer volunteers to be a school crossing guard. (S)(R)
8.00 **The Simpsons** *Bart Gets an F:* Bart risks being held back a year. (S)(R)
8.30 **Rob & Romesh vs Team GB: Winter Special** 5/6. The duo try their hands at winter sports, with help from former ski-jumper Eddie 'the Eagle' Edwards and 2022 Olympic curling champion Eve Muirhead. (R)
9.30 FILM **The Bourne Identity** Spy thriller based on the novel by Robert Ludlum, starring Matt Damon as an amnesiac man who learns that he is a highly trained assassin with deadly enemies. With Franka Potente, Chris Cooper and Clive Owen. (S) (2002, 12, 119min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.45 FILM **28 Days Later...** Danny Boyle's horror thriller starring Cillian Murphy and Naomie Harris. A small group of people struggle to survive when a deadly virus devastates the UK. (S) (2002, 18, 113min) ★★★★
1.55 AM **The Office (US)** (S9) (S)(R)
3.10 **Brit Cops: Rapid Response** (R)
4.00 **to 6.00** AM **Nothing to Declare** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
12.00noon LIVE Sportscene: Scottish Cup (S) **2.30pm** LIVE Snooker: The Masters (S) **4.30-5.25** Sportscene: Open All Mics (S) **10.30** Sportscene: Scottish Cup Highlights (S)(R) **11.45** Match of the Day (S) **1.10am** The Football Interview (S) **1.30** Weather for the Week Ahead (S) **1.35-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
5.30pm Cheetah Family & Me (S)(R) **6.30-7.00pm** House of the Year (S)(R)

WALES
Sky 968, Freesat 968
6.00pm Weatherman Walking (S)(R) **6.30-7.00pm** SOS: Extreme Rescues (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **8.00** Stwnsh Sadwrn **10.00** Dreigiau Cadi **10.15** Iaith ar Daith **11.20** Gwladfa: Gwilym Bowen Rhys **11.50** Ffermio **12.25pm** Cysgu O Gwmpas (AD) **12.55** Am Dro! **2.00** Canu gyda Fy Arwr **3.00** Priodas Pum Mil **4.00** Dim Cwsg i Quinnell (AD) **4.30** Colleen Ramsey: Bywyd a Bwyd **5.00** Iaith ar Daith (AD) **5.55** Cynefin **7.00** Sgwrs Dan y Lloer **7.30** Newyddion a Chwaraeon **7.45** LIVE Clwb Rygbi **10.05** Amour & Mynydd **11.05-11.40pm** Bar Hansh

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Doctor Who** *The Curse of the Black Spot:* 3/14. A 17th-century pirate ship comes under attack by a mysterious Siren. **7.45** *The Doctor's Wife:* 4/14. The Doctor meets the Tardis in human form. (S6)
8.30 **Gavin & Stacey** 1/6. First episode of the comedy. After flirting for months on the phone, Stacey travels from Wales to London to meet Gavin in person. **9.00** 2/6. The couple have their first lovers' tiff. (S1)
9.30 **Mrs Brown's Boys** 1/6. First episode of the comedy. Agnes tries to solve Dermot's relationship problems. **10.00** 2/6. Agnes begins to worry that her family are too secretive. (S1)
10.30 **The Young Offenders** 1/6. Jock misses the first scan of his and Siobhan's baby. (S2)
11.00 **The Young Offenders**
1.35 AM **Two Pints of Lager and a Packet of Crisps**
2.35 **Spud** Comedy drama.
2.55 **to 3.50** AM **Gavin & Stacey**

MORE4

136/137 127 147 18 124 15

8.55 AM **A Place in the Sun**
12.05 PM **Four in a Bed**
2.45 **Come Dine with Me** Five editions of the culinary contest from Surrey.
5.25 **Four in a Bed** The week begins at the Dog Inn in Longridge, Lancashire. **5.55** The second visit of the week is to Ullswater View in the Lake District. **6.25** The third visit is to String of Horses in Cumbria. **6.55** The week's final visit is to Cove Farm in East Lothian.
7.25 **Four in a Bed** The B&Bers meet up for Payment Day.
8.00 **24 Hours in A&E** A 39-year-old is rushed to St George's with internal bleeding from his femoral artery, while a 19-year-old arrives in A&E after suffering an acute sickle cell crisis.
9.00 **24 Hours in A&E** A 14-year-old boy is rushed in after falling from a swing, while a 62-year-old woman is treated having broken her wrist at a family party.
10.00 **24 Hours in A&E** A man with motor neurone disease is rushed to St George's with sepsis, while the trauma team are concerned that a man has suffered life-changing injuries after a fall.
11.05 **999: On the Front Line**
1.10 AM **24 Hours in A&E**
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 347 125

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Ulster in Focus: The Mountains of Mourne**
7.20 **The Good Old Days**
8.10 **Hetty Wainthropp Investigates** *Fingers:* Hetty looks into a suspected kidnapping while on holiday.
9.00 NEW TO BBC4 **Blackshore** 1/6. Irish mystery thriller starring Lisa Dwan. A detective investigates a missing persons case that takes her back to her home town. **9.55** 2/6. Fia suspects her new partner is involved in Roisin Hurley's death. *Previously on U&Drama.* (S1) ■ Entire series on BBC iPlayer
10.50 **Parkinson Interviews Ingrid Bergman**
11.20 **Mark Lawson Talks to Joanna Trollope**
12.20 AM **The Hunt for Lady Olive and the German Submarine**
1.20 **Timeshift: The History of Pubs** Documentary.
2.00 **The Good Old Days**
2.50 **to 3.40** AM **Hetty Wainthropp Investigates**

E4

135/136 126 106 13 122 13

6.00 AM **Lego Masters Australia** A 1950s office.
7.05 **Don't Tell the Bride**
8.05 FILM **Tad the Lost Explorer and the Curse of the Mummy** Animation. (2022, PG, 90min) ★★★
9.55 **Ramsay's Kitchen Nightmares USA**
1.50 PM **The Simpsons**
3.50 LIVE **Football: AFCON** The third-place play-off match from Mohammed V Stadium in Casablanca, Morocco. Kick-off is at 4.00.
6.00 **The Simpsons** Six episodes, including at: **7.30** *The Devil Wears Nada:* Marge becomes a sex symbol after posing for a calendar. **8.00** *Pranks and Greens:* Bart befriends a former schoolboy prankster. **8.30** *Rednecks and Broomsticks:* Lisa accepts an invitation to join a coven.
9.00 **Celebrity Gogglebox** Famous faces appraise *The Greatest Auction, Our Planet* and *Siren: Survive the Island.*
10.00 **Celebrity Gogglebox for Stand Up to Cancer** *Rivals, First Dates* and *Only Connect* are appraised.
11.05 **Gogglebox**
12.10 AM **First Dates**
2.20 **Celebrity Gogglebox for Stand Up to Cancer**
3.20 **Gogglebox**
4.15 **to 6.00** AM **Don't Tell the Bride**

+1 hr 235/236 306 30 123 256

primetime

primetime

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

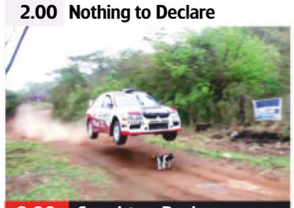
SATURDAY Entertainment

Saturday

Sky Witness

107 107 110 341 356

6.00 AM **Border Security: America's Front Line**
8.00 **UK Border Force**
9.00 **Stop, Search, Seize**
10.00 **Caught on Dashcam**
11.00 **Brit Cops: Frontline Crime UK**
12.00 NOON **Caught Red Handed** Two cars are stolen from a family's driveway.
12.40 PM A bus is stolen and taken for a joyride.
1.20 How a gang of bag thieves were caught by an aviation crime squad.
2.00 **Nothing to Declare**


8.00 Caught on Dashcam

7 PM

7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 Caught on Dashcam Road disasters captured on video by drivers' dashboard cameras.

9 PM

9.00 Law & Order: Criminal Intent *Amends:* 1/22. Eames re-examines the circumstances behind her husband's murder. (S7)

10 PM

10.00 Blue Bloods *No Good Dead:* 15/18. Frank takes action after finding out that Sid is in violation of a residency regulation. (S14)
11.00 Law & Order: Special Victims Unit 2/22. A powerful judge stalls Carisi's case. (S26)
12.00 M'T **Law & Order: Criminal Intent** 19&20/22. (S6)
2.00 AM **Road Wars** Four editions.
4.00 to 6.00 AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **Game of Thrones** (S3)
3.35 PM **Game of Thrones** 1/10. Jon Snow finds himself on trial at Castle Black.
4.40 2/10. The day of King Joffrey's wedding to Margaery Tyrell arrives.
5.45 3/10. Jon proposes a bold plan after the wildlings send a chilling message.
6.50 4/10. Jaime finally visits Tyrion in jail after some persuasion from Bronn. (S4)

9.00 Heated Rivalry

7.55 Game of Thrones *First of His Name:* 5/10. Cersei and Tywin plot their next move, Daenerys hears worrying news, and Jon and his men attack the mutineers. (S4)

9.00 Heated Rivalry New episode *Hunter:* 3/6. The captain of the New York Admirals has a life-changing experience.

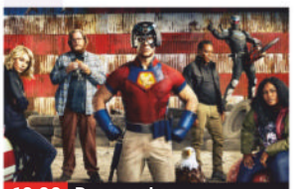
10.00 Heated Rivalry New episode *Rose:* 4/6. Ilya lets his guard down sending Shane into a panic. (S1)
11.00 Euphoria 3/10. Maddy finds something on Nate's phone.
12.05 AM 4/10. Rue tries to get clean for Jules. (S1)
1.10 Game of Thrones (S4)
3.30 Urban Secrets
4.30 In Treatment (S2)
5.00 to 6.00 AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Highway Patrol**
8.00 **Hawaii Five-0** (S9)
11.00 **SEAL Team** Five episodes of the drama, including at:
3.00 PM 8/10. The team head to Amman in Jordan. (S6)
4.00 Stargate Universe 1/20. Part one of three. The first episode of the sci-fi drama.
5.00 2/20. Part two of three. The group members realise that they must work together.
6.00 3/20. Part three of three. The *Destiny*'s air supply begins to dwindle. (S1)


10.00 Peacemaker

7.00 Stargate Universe *Darkness:* 4/20. The *Destiny* is left in darkness when it loses power.

8.00 Stargate Universe *Light:* 5/20. The crew decide to abandon ship, hoping one of three nearby planets will be habitable. (S1)

9.00 Rob & Romesh vs Team GB: Winter Special Part one of two. The comedian try their hands at winter sports.

10.00 Peacemaker *A Whole New Whirled:* 1/8. The hero returns home to discover that his freedom comes at a price. (S1)
11.00 Peacemaker 2/8. Tension and mistrust build within the team.
12.00 M'T 3/8. Economos and Murn bond. (S1)
1.00 AM **A League of Their Own: European Road Trip**
2.00 The Force: Manchester
3.00 Brit Cops: Rapid Response
4.00 to 6.00 AM **Sun, Sea and A&E**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 Buying the View
7.55 The Only Way Is Essex
10.55 Deal or No Deal
1.50 PM **The Floor**
2.55 Ant & Dec's Limitless Win
3.55 FILM The Secret Life of Pets Animated adventure featuring the voices of Louis CK, Eric Stonestreet and Kevin Hart. (2016, U, 83min) ★★★
5.40 FILM Johnny English Strikes Again Spy comedy sequel starring Rowan Atkinson. (2018, PG, 89min) ★★★

3.55 The Secret Life of Pets

7.25 FILM Jurassic World: Fallen Kingdom Action adventure sequel starring Chris Pratt and Bryce Dallas Howard. While trying to protect genetically engineered dinosaurs, Owen Grady and Claire Dearing uncover a conspiracy. With Rafe Spall and Toby Jones. (2018, 12, 128min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

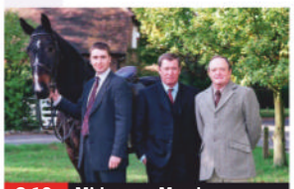
10.00 Love Island All Stars: Unseen Bits New edition Maya Jama reviews recent highlights as the Islanders return for romance.
11.05 Family Guy 14/20. Stewie discovers he has scoliosis. (S15)
11.35 21/21. Angry baby Stewie goes back in time. (S12)
12.05 AM **American Dad!** (S20&13)
1.05 The Stand Up Sketch Show
2.05 Transaction 2/6. (S1)
2.35 to 3.00 AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Inspector Morse**
10.25 FILM Carry On Loving Comedy with Sidney James. (1970, PG, 90min) ★★
12.10 PM **Rosemary & Thyme**
2.15 Midsomer Murders *Strangler's Wood:* A woman is strangled where three similar killings occurred nine years previously.
4.15 *Dead Man's Eleven:* A wealthy landowner's wife is battered to death with a bat.
6.10 *Blood Will Out:* A magistrate is shot after a confrontation with travellers.


8.10 Midsomer Murders

Midsomer Murders (started at 6.10pm)

8.10 Midsomer Murders *Death of a Stranger:* A fox-hunt turns sour when a tramp is found dead in the woods, and matters are complicated by the murder of the chief suspect's father. Guest stars James Bolam.

10.10 Vera *Old Wounds:* The detective investigates the death of a teenager who disappeared during the 1984 miners' strike, when her remains are discovered 30 years later.
12.00 M'T **Lewis** *Intelligent Design:* An elderly don is killed on the night of his release from prison, and Lewis embarks on a relationship with Hobson.
2.00 to 2.30 AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 Who Lives in Scotland? 1/2. Martin Geissler explores the profound impact on Scotland of the movement of people.
8.15 The Secret Letters of Mary Queen of Scots Katie Leung narrates the story of amateur codebreakers who collaborated across continents to decipher a mysterious cache of coded letters from the 1570s and 1580s.
9.15 Our Lives: Boots and Beards The story of a Scots-Asian hillwalking group.
9.45 Storyville: Dogs of War The story of Dave Tomkin's rise to power within the criminal world.
11.15 PM **to 12.00** M'T **Music Vault** Featuring The Cranberries.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S1)
10.30 Ballers 1-4/10. (S2)
12.55 PM **Sex and the City**
4.00 Community (S1)
6.30 The Office (US) 11/25. Dwight and Clark pose as father and son.
7.00 12/25. Jim loses a major investor.
7.30 13/25. Dwight is tasked with finding a replacement for Jim.
8.00 14/25. Someone vandalises Pam's warehouse mural.
8.30 15/25. Erin decides that she is going to break up with Andy. (S9)
9.00 Katherine Ryan: First Born Daughter Stand-up performance.
10.30 FILM Disaster Movie Spoof starring Matt Lanter. Over the course of an evening, a group of friends encounter a series of natural disasters. (2008, 12, 86min) ★
12.15 AM **And Just Like That...**
2.45 to 5.00 AM **Entourage**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Mozart: The Magic Flute** A production of the famous opera.
8.30 Tales of the Unexpected
11.00 Alfred Hitchcock Hour
1.00 PM **Seven Dials Mystery** Whodunit.
3.50 Liza Minnelli: Hollywood's Golden Child A profile of the star.
5.00 Landscape Artist of the Year The contest begins in the Lake District.
6.00 I Am Johnny Cash
7.45 Classic Albums
9.00 John & Yoko: Above Us Only Sky
11.00 FILM A Fistful of Dollars Sergio Leone's Spaghetti Western. (1964, 15, 96min) ★★★★★
12.55 AM **Super Duper Alice Cooper**
2.35 Motorhead: Louder Than Everything Else
4.00 The Great Songwriters
5.00 to 6.00 AM **Classic Albums**

Sky Mix

151 158 135 11 141 23

6.00 AM **Border Patrol**
8.00 **Border Security: Canada's Front Line**
10.00 **Nothing to Declare**
1.00 PM **Nothing to Declare**
2.00 **Caught on Dashcam**
4.00 **Africa's Hunters**
5.00 **Weird, Wild and Wonderful** Documentary.
6.00 **Wild Battlegrounds**
7.00 **Big Cats: An Amazing Animal Family** 1/2. The evolution of cats.
8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.
9.00 **FILM Old Henry** Western thriller starring Tim Blake Nelson, Scott Haze and Gavin Lewis. A farmer takes in an injured man carrying a satchel of cash. (2021, 15, 99min) ★★★★
11.00 **Caught on Dashcam**
1.00 AM **Killer in My Village**
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Game show.
3.00 **In with a Shout** The Welch family from Northampton take on the Nelsons from Southampton.
4.00 **Riddiculous** Quiz show.
5.00 **Deal or No Deal** Game show hosted by Stephen Mulhern.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Romesh Ranganathan's Parents' Evening** Robbie Savage and his son Charlie, Helen Flanagan and her mum Julia, and Tayce and her dad Qariem Radix compete in the comedy game show.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.50 AM **Tenable**
1.45 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Come Dine with Me**
2.00 PM **Kirstie and Phil's Love It or List It**
3.00 **A Place in the Sun** Five editions, including at:
7.00 A couple search for a holiday home on Spain's Costa Blanca.
8.00 **Kirstie and Phil's Love It or List It** A couple from Essex try to decide whether to renovate or sell their bungalow.
9.00 **Inside the World's Most Luxurious Hotels** Behind the scenes of spectacular hotels.
10.00 **FILM Central Intelligence** Action comedy starring Dwayne Johnson and Kevin Hart. (2016, 12, 107min) ★★★
12.05 AM **Gogglebox**
1.10 **Taskmasterclass**
2.15 **24 Hours in Police Custody: The Secret Network** Documentary.
3.20 **Social Media Monsters**
4.20 **to 4.45** AM **Find It, Fix It, Flog It**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **Derby Through the Years**
6.20 **The Big Match Revisited**
8.25 **The Professionals**
9.30 **Racing: The Opening Show**
10.30 **The Big Match Revisited**
11.30 **The Best of the 80s**
11.45 **Cadfael**
1.25 PM **Made in Britain**
1.55 **The Motorbike Show**
2.55 **FILM From Russia with Love** Adventure. (1963, PG) ★★★★
5.15 **The Best of the 70s**
5.30 **Made in Britain**
6.00 **The Motorbike Show**

2.55 From Russia with Love

7.00 **American Pickers** Mike Wolfe and Frank Fritz rummage around a machine shop in search of rare collectibles.
8.00 **American Pickers** Mike and Frank head to Minnesota and challenge Danielle to sell a fibreglass cowboy boot.
9.00 **English Football League Highlights** Action from today's EFL matches, including Coventry City v Leicester City and Ipswich Town v Blackburn Rovers in the Championship.
10.30 **Wrestling: AEW Dynamite** Hard-hitting action featuring Jon Moxley, Chris Jericho and Bryan Danielson.
12.30 AM **Minder** *Monday Night Fever*: Terry gets into the entertainment industry.
1.30 **The Professionals**
2.25 **Auto Mundial**
2.50 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

152 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **FILM Ice Storm** Sci-fi drama. (2022, PG, 90min) ★★
1.00 PM **Star Trek: The Next Generation** Five episodes of the sci-fi drama, including at: **4.00** 4/26. The crew encounter a destructive force. **5.00** 5/26. Troi is forced to take over as captain. (S5)
6.00 **Star Trek: Enterprise** 16/22. Part two of two. The crew pursue the kidnapped Phlox into Klingon territory. (S4)

1.00 Star Trek: The Next...

7.00 **Star Trek: Enterprise** *Bound:* 17/22. Archer receives three slave girls as a gift from Orion privateer Harrad-Sar.
8.00 **Star Trek: Enterprise** *In a Mirror, Darkly – Part One:* 18/22. In a parallel universe, Archer mutinies against Captain Forrest.
9.00 **Star Trek: Enterprise** *In a Mirror, Darkly – Part Two:* 19/22. Archer commandeers the advanced starship *Defiant*.
10.00 **Star Trek: Enterprise** *Demons:* 20/22. Archer and the crew unearth a xenophobic plot at a conference on Earth. (S4)
11.00 **Grimm** 16/22. An evangelical preacher uses his Wesen identity to gain more believers. **12.00** M'T 17/22. The severed head of a young man is discovered under a bridge. **1.00** AM 18/22. Hank is reunited with an old flame. **2.00** 19&20/22. (S5)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S7)
10.00 **The Doctor Blake Mysteries**
12.00 NOON **Inspector George Gently** *Gently Going Under.*
2.00 PM **Father Brown** Four episodes, including at: **5.00** *The Blood of the Anarchists:* Tensions rise when a performance troupe of anarchists arrive in Kembleford.
6.00 **Shakespeare & Hathaway: Private Investigators** 3/10. Frank and Luella race against the clock when an undertaker is given 24 hours to live. (S1)

6.00 Shakespeare & Hathaway

7.00 **Shakespeare & Hathaway: Private Investigators** 4/10. A magic trick goes gruesomely wrong. (S1)
8.00 **Death in Paradise** *The Man with the Golden Gun:* 7/8. The cops are forced to spend the night with a killer. (S3)
9.00 **Father Brown** *The Darkest Noon:* The gang must save Mallory and Father Brown from a man hell-bent on revenge.
10.00 **Allegiance** *Dawn to Dawn:* 10/10. Sabrina tries to keep a teenager caught in a gang conflict from becoming a killer. (S1)
11.00 **Dark Winds** 6/8. Leaphorn is forced to confront his worst fears and darkest memories to prevent a murder. (S3)
12.00 M'T **Murdoch Mysteries** (S7)
1.00 AM **Black Sands** 7/8. (S2)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.10 AM **Only Fools and Horses**
12.50 PM **Only Fools and Horses** Eight episodes, including at: **4.45** Christmas special from 1988. Del Boy embarks on a new romance with Raquel, an actress he meets through a computer dating agency, while Rodney takes 'Nervous Nerys' out in the three-wheeler. **6.35** The first episode of John Sullivan's classic comedy. Rodney grows tired of being dogsbody to wheeler-dealing older brother Del-Boy and decides to set out on his own.

6.35 Only Fools and Horses

7.15 **Only Fools and Horses** Del and Rodney make a bit of cash on a used-car deal and celebrate with a night out in the West End.
8.00 **Only Fools and Horses** Del Boy gets his hands on a statue of a Hindu god. **8.40** One of Del Boy's old flames turns up out of the blue, much to Rodney and Grandad's horror. **9.20** Del Boy decides to enter the highly profitable tourist trade.
10.00 **Only Fools and Horses** Del Boy acquires a nuclear fallout shelter.
10.40 **Knowing Me, Knowing You – With Alan Partridge** Double bill.
12.00 M'T **This Time with Alan Partridge** Double bill.
1.20 AM **Knowing Me, Knowing You – With Alan Partridge**
2.30 **to 4.00** AM **This Time with Alan Partridge**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Gordon's Great Escape**
8.00 **Hairy Bikers' Best of British**
9.00 **Rick Stein's India**
10.00 **Top Gear** Double bill.
12.00 NOON **World's Most Dangerous Roads**
2.00 PM **Guy Martin: Proper Jobs**
3.00 **Would I Lie to You?** Six editions, including at: **5.40** Bill Oddie, Frank Skinner, Jon Richardson and Sarah Millican take part. **6.20** With Mackenzie Crook, Chris Packham, Victoria Coren Mitchell and Rhod Gilbert.

9.00 Superstore

7.00 **Gavin & Stacey** The happy couple are welcomed home after their honeymoon. **7.40** Smithy goes missing following Nessa's shocking revelation. **8.20** Smithy and Nessa visit the hospital for their first ultrasound scan.
9.00 **Superstore** 9/11. The staff get locked in overnight. **9.30** 10/11. Dina asks for a demotion so that she is free to date Jonah.
10.00 **Superstore** 11/11. Cheyenne goes into labour in the store. (S1) **10.30** 1/22. Olympic fever hits the store. (S2)
11.00 **Not Going Out** Four episodes.
1.35 AM **Would I Lie to You?** With Robert Webb, Terry Wogan, Katy Wix and Kevin Bridges.
2.20 **Not Going Out**
2.55 **Not Going Out Bloopers Special** Unscripted moments.
3.25 **to 4.00** AM **Not Going Out**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Cops** Documentary.
9.20 **Murder, She Wrote**
10.20 **Blue Bloods** (S5)
3.05 PM **NCIS** Seven episodes, including at: **6.00** *Under Covers:* 8/24. Ziva and Tony pose as assassins. **7.00** *Frame Up:* 9/24. Tony finds himself accused of murder. **8.00** *Probie:* 10/24. McGee kills an undercover police officer. **9.00** *Model Behaviour:* 11/24. A model is killed while filming a show at a US Marine base. (S3)
10.00 **Law & Order: Special Victims Unit** *Heartfelt Passages:* 23/23. As the investigation of Gary Munson goes on, his union takes action. (S17)
11.00 **Law & Order: Special Victims Unit** (S18&17)
1.50 AM **Instinct** (S1)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Friends** (S9)
10.05 **Nightmare Tenants, Slum Landlords**
1.05 PM **FILM Godzilla** Adventure with Matthew Broderick. (1998, PG, 139min) ★★★
3.50 **Call the Bailiffs: Time to Pay Up** Five editions, including at: **8.00** Chris and Gavyn track down a chef with an unpaid bill.
9.00 **FILM The Dark Tower** Fantasy adventure starring Idris Elba and Matthew McConaughey. (2017, 12, 95min) ★★
10.55 **Accused** 8&4/15. (S1)
12.50 AM **FILM PREMIERE My Sweet Audrina** Gothic psychological thriller starring India Eisley. (2016, 15, 85min) ★★
2.30 **Traffic Cops**
3.25 **Car Pound Cops**
3.50 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **The Motorway**
10.00 **Motorway Cops: Catching Britain's Speeders** Five editions.
2.55 PM **FILM Shane** Western starring Alan Ladd and Jean Arthur. (1953, PG, 118min) ★★★★★
5.25 **FILM Once Upon a Time in the West** Sergio Leone's Western starring Charles Bronson. An outlaw and a gunslinger help a widow fight the hired guns of a railroad tycoon. (1968, 15, 165min) ★★★★★
9.00 **FILM Missing in Action** Action adventure starring Chuck Norris as an ex-prisoner of the Vietcong who returns to Vietnam to rescue all the other GIs who are still in captivity. (1984, 15, 101min) ★★
11.05 **Banged Up Abroad**
3.00 **to 4.00** AM **Banged Up Abroad: Crime & Punishment**

U&W

132/133 131/133 125 25 156 28

6.10 AM **The Bill**
11.00 **Tipping Point**
3.00 PM **999 Rescue Squad**
7.00 **Pete Wicks: For Dogs' Sake** Pete meets Chow Chow Nugget, who has a longer stay than planned.
8.00 **One Born Every Minute** Leeds General Infirmary's most experienced midwife, Gail, helps a woman through labour. **9.00** A well-prepared couple look forward to their child's birth.
10.00 **The Supervet: Noel Fitzpatrick** A five-year-old Bedlington terrier is referred to Noel with a fractured leg. **11.00** A Maine Coon cat is brought in with a fractured hip joint.
12.00 M'T **Louis Theroux: Law & Disorder in Philadelphia**
1.30 **to 3.00** AM **Hungry for It**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.25 AM **Birds of a Feather**
8.40 **Lovejoy**
11.55 **Father Brown**
1.00 PM **New Tricks**
3.35 **Jonathan Creek**
5.00 **Art Detectives**
7.00 **The Brokenwood Mysteries** *Death n' Bass:* 2/6. Following Brokenwood's first drum 'n' bass festival, a band's van explodes. (S8)
9.00 **Whitechapel** 3/3. Chandler and the team try to prevent the copycat killer from re-enacting Jack the Ripper's final murder. (S1)
10.00 **Catch Me a Killer** *The Station Strangler – Part One:* 1/11. Fact-based drama. (S1)
11.00 **The Inspector Lynley Mysteries**
1.00 AM **New Tricks**
2.00 **Lovejoy**
2.55 **to 4.00** AM **Ladies in Black**

+1 hr 243 316 60 260

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys**
8.00 **Find It, Fix It, Flog It**
10.00 **Flipping Bangers**
1.00 PM **'Allo 'Allo!**
3.05 **Canal Boat Diaries**
6.05 **Robson Green: World's Most Amazing Walks** Ronson is in Normandy, remembering the soldiers of the D-Day landings. **7.05** The actor hikes through Scotland's Great Glen Way.
8.05 **Bangers & Cash** Derek checks out a 1985 Renault 4 and an MGB Roadster. **9.05** In the 100th edition, Derek heads to Northumberland to collect a rare 1975 NSU RO 80. **10.05** Derek visits Ripon to pick up a 1965 Ford Anglia with just 33,000 miles on the clock.
11.05 PM **to 3.00** AM **Bangers & Cash**

+1 hour 255 329

SATURDAY Entertainment

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Dorset.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **The Yorkshire Auction House** Double bill.
12.00 NOON **Angus Ashworth: Yorkshire Heritage Hero**
1.00 PM **Antiques Road Trip**
6.00 **Money for Nothing**
9.00 **My Lottery Dream Home** A couple invest an inheritance in a beach house for their family. **9.30** A young couple want a first home that they can renovate in Rochester, New York.
10.00 **Celebrity IOU** New edition Joel McHale expresses his gratitude to his family's beloved 'LA Grandma'.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Great! TV

157 167 170 34 32

8.10 AM **Little House on the Prairie** (S4)
1.00 PM **Little House on the Prairie** Seven episodes of the drama, including at: **6.00** *There's No Place Like Home – Part One:* 5/26. The families decide to return to Walnut Grove. **7.10** *There's No Place Like Home – Part Two:* 6/26. The town is restored to its former glory. (S5)
9.00 FILM **Shirley Valentine** Romantic comedy starring Pauline Collins as a bored housewife who finds sun, wine and love on a Greek island. With Tom Conti and Bernard Hill. (1989, 15, 108min) ★★★★
11.20 **Rumpole of the Bailey**
1.20 AM **Home to Roost**
2.00 **Little House on the Prairie** 8/26. (S5)
3.00 **to 4.50** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.10 AM **Wanted: Dead or Alive** Western.
9.50 FILM **Good Day for a Hanging** Western. (1958, U, 85min) ★★
11.45 FILM **Return of Sabata** Spaghetti Western. (1971, 15, 107min) ★
2.05 PM FILM **The Magnificent Seven Ride!** Western sequel. (1972, PG, 100min) ★★★
4.15 FILM **Showdown** Western starring Rock Hudson and Dean Martin. (1972, PG, 99min) ★★
6.35 FILM **Hombre** Western starring Paul Newman. (1966, PG, 111min) ★★★
9.00 FILM **Killing Salazar** Action adventure starring Steven Seagal. (2016, 15, 95min) ★★
11.10 FILM **Force of Execution** Crime thriller. (2013, 15, 95min) ★★
1.20 AM **The Persuaders!**
4.05 **to 5.50** AM **Cops Uncut**

+1 hour 324

Great! Mystery

321 318 425 50 48

7.10 AM **Police Ten 7**
7.35 **Diagnosis Murder**
9.30 FILM **Site Unseen** Drama. (2017, PG) ★★
11.25 FILM **Snipped in the Bud** (2016, PG) ★★
1.20 PM FILM **Mystery 101: Playing Dead** Thriller. (2019, PG, 90min) ★★
3.15 FILM **Murder Ever After** (2021, PG) ★★
5.10 **Hailey Dean Mysteries**
7.05 FILM **Martha's Vineyard Mysteries: Riddled with Deceit** (2020, PG) ★★
9.00 FILM **Morning Show Mysteries: A Murder in Mind** (2019, PG) ★★
10.55 FILM **Fixer Upper Mysteries: Deadly Deed** (2018, PG) ★★
12.50 AM FILM **Mistaken** Thriller. (2008, 12) ★★
2.30 FILM **Evil Nanny** Thriller. (2016, 12, 90min) ★★
3.55 FILM **Instakiller** Thriller. (2018, 12, 90min) ★★
5.25 **to 6.00** AM **Police Ten 7**

+1 hour 322

Great! Romance

319 317 424 52 47

8.00 AM FILM **The Dating List** (2019, PG) ★★
10.00 FILM **Romantic Rewrite** Comedy. (2022, PG) ★★
12.00 NOON FILM **Love, Classified** Drama. (2022, PG, 90min) ★★
2.00 PM FILM **The Way to the Heart** Drama. (2022, PG, 86min) ★★
4.00 FILM **The Baker's Son** Fantasy. (2021, PG) ★★
5.55 FILM **Just One Kiss** Romantic comedy. (2022, PG, 85min) ★★
7.45 FILM **Sister Dating Swap** Romantic comedy. (2023, PG, 89min) ★★
9.45 FILM **Once Upon a Holiday** Romantic drama. (2015, PG, 85min) ★★
11.40 FILM **Love & Where to Find It** (2021, PG) ★★
1.40 AM **Highway to Heaven**
2.40 FILM **Butlers in Love** Comedy. (2022, PG) ★★
4.15 **to 5.00** AM **Highway to Heaven**

+1 hour 320

Rewind TV

182 81 141

6.00 AM **Sherlock Holmes**
7.00 **Star Maidens**
8.30 **The Lovers** (S1&2)
10.00 **The Fenn Street Gang**
11.00 **Boon** 7/13. (S2)
12.00 NOON **The Prime of...**
1.00 PM **Lady Killers**
2.00 **The Champions** (S1)
3.00 **Star Maidens**
4.00 **The Dustbinmen** (S1)
5.00 **The Champions** (S1)
6.00 **Boon** 7/13. (S2)
7.00 **Star Maidens**
7.30 **The Brian Conley Show**
8.00 **The Fenn Street Gang**
9.00 **Dark Skies** 3/20. (S1)
10.00 **Mary Millington's True Blue Confessions**
11.00 **Stereo Underground**
12.00 M'T **Lady Killers**
1.00 AM **The Prime of Miss Jean Brodie** 2/7. (S1)
2.00 FILM **A Clock Work Blue** Comedy. (1972, 18) ★★
3.45 **Hank the Cowboy**
4.00 **Dark Skies** 3/20. (S1)
5.00 **to 6.00** AM **Stereo Underground**

DMAX

158 151 169 39 147 35

6.00 AM **Deadliest Catch**
10.00 **Outback Opal Hunters**
1.00 PM **Gem Hunters Down Under** Triple bill.
4.00 **Aussie Gold Hunters**
7.00 **Hoarding: Buried Alive** A woman's children are removed from her care due to her hoarding. **8.00** A man who filled his 93-year-old mother's house with clutter.
9.00 **Paranormal: Caught on Camera** Train passengers spot Bigfoot in broad daylight.
10.00 **Ghost Adventures** Zak Bagans and the crew investigate the home of Holly Madison. **11.00** An investigation into two historic buildings in Virginia City, Nevada.
12.00 M'T **Unexplained: Caught on Camera**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 258 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Barefoot Contessa: Back to Basics**
11.00 **Paul Hollywood: City Bakes** Four editions.
1.00 PM **James Martin's American Adventure**
3.00 **Rick Stein's Food Heroes** Eight editions.
7.00 **Secret Eats with Adam Richman** Adam's hunt for secret dishes leads him to San Francisco. **7.30** Adam samples a spicy off-menu burger. **8.00** In Las Vegas, Adam finds a speakeasy. **8.30** Adam is in Oahu where he finds the best short ribs he's ever had.
9.00 **Diners, Drive-Ins and Dives** Guy Fieri seeks out Southern flavours. **9.30** Guy visits a restaurant in Cincinnati.
10.00 PM **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

7.00 AM FILM **Boot Hill** Comedy Western. (1969, PG, 91min) ★★
9.00 **Charlie's Angels** (S5)
2.00 PM FILM **Zulu Dawn** Action drama sequel. (1979, PG, 121min) ★
4.15 **Category 7: The End of the World** 1&2/2. Disaster drama.
8.00 **The Twilight Zone** (S4)
9.00 FILM **Hunter Killer** Action thriller starring Gerard Butler, Gary Oldman and Common. (2018, 15, 121min) ★★★
11.20 FILM **Reprisal** Action thriller starring Frank Grillo and Bruce Willis. (2018, 15, 91min) ★★
1.15 AM FILM **Heist** Crime thriller starring Robert De Niro and Jeffrey Dean Morgan. (2015, 15, 89min) ★★★
3.05 **to 4.50** AM FILM **Mercy Black** Horror starring Austin Amelio. (2019, 15, 88min) ★★

Legend Xtra

317 316 171 69 138 51

9.00 AM **The Twilight Zone**
10.00 **Jules Verne's Mysterious Island**
2.00 PM FILM **Coward of the County** Drama starring Kenny Rogers and Frederic Lehne. (1981, PG, 104min) ★★
4.00 **Andromeda** (S5)
7.00 **The Lost World** (S1)
9.00 FILM **Primal** Action thriller starring Nicolas Cage, Famke Janssen and Kevin Durand. (2019, 15, 97min) ★★★
11.00 FILM **The Enforcer** Crime thriller starring Antonio Banderas and Kate Bosworth. (2022, 18, 90min) ★★
1.00 AM FILM **Primal** (2019)
3.00 FILM **The Curse of the Werewolf** Horror chiller starring Oliver Reed and Clifford Evans. (1961, 12, 92min) ★★★
4.50 **to 6.00** AM **The Twilight Zone**

+1 hour 318 371 139

Blaze

156 169 174 64 161 41

6.00 AM **Hardcore Pawn**
8.20 **Pawn Stars**
10.10 **UFO Encounters UK**
11.10 **Ancient Aliens: Origins**
1.05 PM **The Proof Is Out There** Six editions.
4.05 **Egypt's Unexplained Files** Five editons of the series, including at: **8.00** An exploration of crime and punishment in ancient Egypt.
9.00 **Holy Marvels with Dennis Quaid** The whereabouts of various sacred artefacts.
10.00 **Clash of Ancient Warriors** The Battle of Thermopylae.
11.00 **The UnXplained with William Shatner** An exploration of various sacred rituals. **12.00** M'T UFO hotspots at various locations around Earth.
1.00 AM **Strangest Things**
2.00 **to 6.00** AM **UFO Hunters**

5SELECT

153 166 138 46 133 30

9.00 AM **Murder, She Wrote**
1.00 PM **Murder, She Wrote** Six episodes of the drama, including at: **6.00** *Incident in Lot Seven:* Jessica visits Hollywood. Guest stars Paula Prentiss.
7.00 **Abandoned Engineering** A mysterious group of rusting ships stranded in a desert.
8.00 **Battle Front: WWII Road to Victory** The fiercest battles of World War Two as never seen before. **8.30** A look at when World War Two began.
9.00 **The Lancaster Bomber** Exploring the creation of the iconic aircraft.
10.20 **Secret Spitfires: How Britain Won the War** A look into the history of the Spitfire aircraft.
11.20 **Memphis Belle in Colour** Documentary
12.20 **to 4.00** AM **Wentworth Prison**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Total Wipeout**
12.00 NOON **Tenable**
2.00 PM **Lily Savage's Blankety Blank**
3.20 **All Star Family Fortunes** Louisa Lytton and Zoe Ball compete.
4.00 **The Chase** Quiz show.
5.00 **The Chase Celebrity Special** AJ Pritchard, Hollie Arnold, Giovanna Fletcher and Russell Watson take part.
6.00 **The Chase** Triple bill of the quiz show hosted by Bradley Walsh.
9.00 **The Chase Celebrity Special** With guests Colin Jackson, Anne Diamond, Josie Long and Nicky Campbell.
10.00 **The Chase** Quiz show hosted by Bradley Walsh.
11.00 **Bullseye** Six editions of the darts-based quiz.
2.00 AM **The Chase**
4.00 **The Celebrity Chase**
5.00 **to 6.00** AM **The Chase**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Young Sheldon**
10.30 **The Big Bang Theory**
7.00 PM **The Big Bang Theory** 1/23. Sheldon is put in a difficult position. **7.30** 2/23. Leonard gets back together with Leslie Winkle. **8.00** 3/23. Penny becomes addicted to an online game. **8.30** 4/23. Raj makes a pass at Penny. (S2)
9.00 FILM **Transformers** Sci-fi action adventure inspired by the shape-changing toys, starring Shia LaBeouf, Tyrese Gibson and Josh Duhamel. (2007, 12, 144min) ★★★★
12.00 M'T **Gypsy's Revenge**
2.00 AM **My 600lb Life**
3.00 **Young Sheldon** (S1)
3.30 **Say Yes to the Dress: Atlanta** Reality series.
4.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Stupid Central**
9.00 **Friends** (S1&2)
6.00 PM **Friends** 3/24. The gang's strange neighbour Mr Heckles dies. **6.30** 4/24. Phoebe announces that she is married. (S2)
7.00 FILM **3 Men and a Baby** Comedy with Tom Selleck, Ted Danson and Steve Guttenberg. (1987, PG, 98min) ★★★★
9.00 FILM **Big Daddy** Comedy starring Adam Sandler. (1999, 12, 95min) ★★★
10.45 **Out of Order**
11.45 **8 Out of 10 Cats Uncut**
12.35 AM **Drunk History**
1.35 **Iain Stirling's Roast the Internet** With Lou Wall.
2.35 **Jimmy Carr's Am I the A**hole?**
3.20 **The Pep Talk**
3.25 **The Ricky Gervais Show**
4.15 **to 5.00** AM **Comedy Game Night**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** 2&3/25. (S5)
7.00 **Teleshopping**
9.00 **Michael McIntyre's Big Show** As 6.00pm.
10.00 **Everybody Loves Raymond** (S5)
6.00 PM **Michael McIntyre's Big Show** With Emma Bunton and Judge Rinder.
7.00 **Friends** 23/24. Carol finally gives birth. **7.30** 24/24. Ross's true feelings are revealed. (S1) **8.00** 1/24. Rachel struggles to deal with Ross's new relationship. **8.30** 2/24. Phoebe manages to unwittingly disgust everyone. **9.00** 3/24. The gang's neighbour dies. (S2)
9.30 **Friends** 4-12/24. (S2)
2.00 AM **New Girl** (S2)
3.00 **South Park** (S3)
4.30 **Jimmy Carr's Am I the A**hole?**
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **That's 60s: Best Music Live!**
8.20 **On the Buses** (S1)
9.20 **Steptoe and Son** (S5)
1.45 PM **Man About the House** (S3&4)
4.45 **Rising Damp** (S2)
7.55 **Minder** 7/13. (S2)
9.00 **Benidorm** 6/7. Rob, Joey and Tiger get into trouble with the law. (S8)
10.00 **Shameless** 6/14. Dom suspects Aidan might be a murderer. (S11)
10.55 **Just Good Friends** (S3)
11.35 **Rising Damp** (S3)
12.05 AM **Benidorm** 6/7. (S8)
1.05 **Shameless** 6/14. (S11)
2.05 **The Kenny Everett Video Show** (S2)
2.35 **Man About the House**
3.00 **Duty Free** (S1)
3.25 **The Osbournes**
3.50 **That's 60s: Best Music Live!**
4.00 **Nearest and Dearest**
4.50 **to 6.00** AM **Journeys: Llangollen Rail**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **Teen Mom 2**
8.00 **Teen Mom: The Next Chapter** Five editions.
1.00 PM **Catfish: The TV Show** Eight editions.
9.00 **True Life Crime UK** Kirsty Maxwell is found dead next to a hotel pool.
10.00 FILM **8 Mile** Urban drama starring Eminem, Kim Basinger and Brittany Murphy. (2002, 15, 112min) ★★★
12.00 M'T **Caught in the Act: Unfaithful** Ava needs to know if the life she has been dreaming of has all been a lie.
1.00 AM **Black Ink Crew New York** Ceaser and Dutchess are missing and the lights are out at Black Ink.
2.00 **Teen Mom Family Reunion** Reality series.
2.45 **Catfish: The TV Show**
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **Mystery at Blind Frog Ranch** Four editions.
10.00 **Alien Encounters: Fact or Fiction** Double bill.
12.00 NOON **Gold Rush** Six editions of the series, including at: **3.00** PM Rick sinks an excavator trying to get down to Rally Valley pay. **4.00** Parker loses the pay layer in the long cut. **5.00** Kevin's cut floods, sending him scrambling to find a critical piece of equipment. **6.00** Fires threaten to shut down one of Parker's claims.

10.00 Alien Encounters

7.00 **Scrapyard Dynasty** Terry thinks he can make a quick profit on a vintage motorhome, while Jon tries to prove himself.
8.00 **Secrets Underground** Rob Nelson heads to Ohio to uncover the secrets of a giant serpent-shaped mound.
9.00 **Marooned with Ed Stafford** Ed tries to survive the scorching, rocky desert in Namibia's Erongo Mountains.
10.00 **In the Eye of the Storm** Rescuers battle rising floods in Florida's deadliest hurricane in nearly 100 years.
11.00 **Animals on Drugs** Forrest Galante rehabilitates animals affected by human drugs, including hippos from a cocaine kingpin's compound.
12.00 M'T **Moonshiners** Triple bill.
3.00 AM **Street Outlaws**
4.00 **to 5.00** AM **Street Outlaws: Locals Only**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **My Cat from Hell** Jackson Galaxy deals with a violent cat. **4.00** Jackson helps a tantrum-prone feline.
5.00 **Treehouse Masters** Pete Nelson builds a treehouse inspired by Thomas Jefferson.
6.00 **Saved by the Barn** The pigs are ready to move into their spacious new home.

7.00 How Do Animals Do That?

7.00 **How Do Animals Do That?** How cats can detect an earthquake. **7.30** A look into why elephants have trunks.
8.00 **Extinct or Alive** Biologist Forrest Galante teams up with an expert in Newfoundland in search of the white wolf.
9.00 **Alaskan Bush People: Book of Bird** An interview with Bird, the Brown brothers' sharp-shooting sister.
10.00 **Tanked** Donut Mania is Brett's newest business venture, and the team want to congratulate him with a surprise fish tank.
11.00 **Alaska: The Last Frontier** Atz Lee and Jane rush to the aid of a neighbour who has lost access to fresh water on her homestead.
12.00 M'T **Project Grizzly**
2.00 AM **The Haunted**
3.00 **Extinct or Alive**
4.00 **to 5.00** AM **The Zoo**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Megafactories**
9.00 **Car S.O.S** Triple bill.
12.00 NOON **Air Crash Investigation**
2.00 PM **Pirates: Behind the Legends** Documentary.
3.00 **Rise and Fall of the Mayas** The Maya civilisation's collapse. **4.00** Evidence of a Maya resurgence after the civilisation's supposed collapse.
5.00 **Air Crash Investigation** The reasons behind a devastating plane crash in Buenos Aires. **6.00** A plane that crashed during a top-secret mission.

3.00 Rise & Fall of the Mayas

7.00 **Seconds from Disaster** The 1992 crash of a cargo plane in Amsterdam, which was sent hurtling into a block of flats.
8.00 **Apocalypse: The Fall of Hitler** In 1943, the Allies prepare to rid the world of the Nazi leader once and for all.
9.00 **Apocalypse: The Fall of Hitler** It's 1944, and the Allied forces take over the West and Nazis retreat in the East.
10.00 **Nazi Death Camp: The Great Escape** Jewish former prisoners at a Polish death camp recall their escape in 1943.
11.00 **Pole to Pole with Will Smith** The actor explores the world's most extreme environments. **12.00** M'T Will encounters the wildlife of the Amazon.
1.00 AM **Air Crash Investigation**
2.55 **Food Factory** Double bill.
3.45 **To Catch a Smuggler**
4.35 **to 5.00** AM **Made in a Day**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Swamp People**
8.00 **Full Custom Garage**
10.00 **The Curse of Oak Island**
11.00 **Storage Wars** Six editions.
2.00 PM **Secrets of Great British Castles** Triple bill, including at: **4.00** Dan Jones explores the history of York Castle.
5.00 **Britain's Lost Battlefields with Rob Bell** The story behind the Battle of Hastings.
6.00 **Gold Wars Downunder** Three hardcore mining teams battle it out to unearth the most gold in Clermont.

9.00 Seized at Sea

7.00 **Airport Security: USA** The challenges faced by law enforcement and customs officers at four of America's busiest airports.
8.00 **Airport Security: USA** San Francisco officers learn that a passenger is trying to smuggle cannabis to the UK.
9.00 **Seized at Sea** Homeland Security and US Customs and Border Protection investigate the hidden world of smuggling.
10.00 **Seized at Sea** Agents intercept a boat carrying migrants and find one in desperate need of medical attention.
11.00 **Paranormal Survivor**
12.00 M'T **Close Encounters** A Japanese aircraft that experienced bright lights. **12.30** AM A saucer-shaped object in a field in Melbourne. **12.55** Claims of a mushroom-shaped object in a field.
1.25 **Storage Wars** Six editions.
4.10 **to 6.00** AM **Airport Security: USA**

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Discovering: Jon Voight**
7.00 **Discovering: Dustin Hoffman**
8.00 **The Directors** Double bill.
10.00 **The Invisible Pilot** 1-3/3.
1.10 PM **FILM The Kid Stays in the Picture** Documentary. (2002, 15, 93min) ★★★
3.00 **Costa Concordia: Chronicle of a Disaster** Documentary.
4.50 **FILM Going Clear: Scientology and the Prison of Belief** Documentary looking at the history of the Church of Scientology's leaders. (2015, 15, 120min) ★★★★

9.00 JFK Revisited

7.00 **Spitfire** The story of the British single-seat fighter plane the Supermarine Spitfire, designed by RJ Mitchell and famous for its role in the Battle of Britain.

7 PM
8 PM
9 PM
10 PM

11.20 **Fatboy Slim: Right Here, Right Now** Documentary about the Big Beach Boutique II free event in 2002.
1.10 AM **Tony Hawk: Until the Wheels Fall Off** A definitive look at the skateboarder's life and career.
3.30 **Giroud** A profile of French footballer Olivier Giroud.
5.00 **to 6.00** AM **The Directors**

Quest

140/141 149 128/137 17 145 18

6.00 AM **Chasing Classic Cars**
8.00 **Wheeler Dealers**
3.00 PM **Shed and Buried**
7.00 **Shed and Buried: Classic Cars** In Wiltshire, Henry and Fuzz admire Morris Minors and vintage mopeds. **8.00** The duo explore Shane's epic collection, and a stylish Lanchester LD10 catches their eye.
9.00 **The Repair Shop** The experts try to restore a pair of 1990s football boots, an oil lamp and a jack-in-the-box.
10.00 **The Yorkshire Auction House** Angus Ashworth sells a huge hippo and some holy bling.
11.00 **Outback Opal Hunters**
12.00 M'T **Treasure Hunters Down Under**
1.00 AM **Mystery at Blind Frog Ranch** Double bill.
3.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

6.00 AM **Animal Cops Phoenix** Documentary.
7.00 **Helicopter ER**
9.00 **Cops UK: Bodycam Squad** Double bill.
11.00 **The Killer in My Family**
12.00 NOON **Forensic Detectives** Triple bill.
3.00 PM **Devil in Suburbia**
6.00 **Extreme Measures**
9.00 **The Murder Tapes** New edition After the murder of a 28-year-old woman, police officers uncover inconsistent witness accounts.
10.00 **Police 911: Michigan** New edition Detectives investigate a shooting victim with a history of domestic complaints.
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
6.05 **The Killer You Know** When neighbourhood feuds turn deadly, investigators find years-long arguments. **7.00** Police think Linda Culbertson is a victim of the crime she reports. **8.00** Couty Alexander calls police saying that he found his wife shot.
9.00 **Britain's Countryside Killers** The case of Alex Davies, who was killed by Brian Healless. **10.00** In April 2022, Katie Kenyon vanishes. **11.00** Sian O'Callaghan vanishes from a Swindon nightclub. **12.00** M'T The case of Ellen Higginbottom, who was murdered by Mark Buckley.
1.00 AM **The Killer You Know**
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
12.00 NOON **48 Hours**
3.00 PM **Facing Evil** The murder of Steven Beard. **3.30** The story of Patricia Olsen, who found her husband Neil dead inside a barn.
4.00 **A Secret to Die For** Big business and high rolling lifestyles turn deadly in a twisted, globe-trotting tale of deception and murder. **5.00** Hidden within a fairytale new marriage is a web of deceit, manipulation and secret love affairs that lead to shocking and deadly consequences.
6.00 **Judge Judy** Real-life small-claims cases.
12.15 AM **Judge Judy**
2.00 **A Secret to Die For**
4.00 **Citizen Detective**
4.45 **Facing Evil** Double bill.
5.35 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Cops**
8.00 **Brit Cops: Rapid Response** Documentary.
9.00 **Caught on Dashcam**
10.00 **Murders That Shocked the Nation** The crimes of George Joseph Smith.
11.00 **World's Most Evil Killers** Double bill.
1.00 PM **Forensics: Catching the Killer** Double bill.
3.00 **Killer in My Village**
5.00 **Britain's Most Evil Killers** Double bill.
7.00 **Forensics: Catching the Killer** Triple bill.
10.00 **Death Row Confidential: Secrets of a Serial Killer**
12.00 M'T **Private Confessions of a Serial Killer**
1.50 AM **How I Caught the Killer** Documentary.
2.55 **Murder Uncut**
4.00 **Motorway Patrol**
5.00 **to 6.00** AM **Send in the Dogs**

+1hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **King Arthur's Britain: The Truth Unearthed** As 8.35pm.
9.35 **Living in the Shadow of World War Two**
1.00 PM **Grand Tours of the Scottish Islands**
1.40 **Living in the Shadow of World War Two**
5.00 **Icons of Conquest**
6.15 **The Man Who Destroyed Oscar Wilde**
7.20 **The Civil War's Lost Massacre** A search for the remains of murdered Black Union soldiers.
8.35 **King Arthur's Britain: The Truth Unearthed** Investigating what Dark Age Britain was like.
9.50 **Waco: The Longest Siege** David Koresh's rise to become leader of the Branch Davidians.
10.55 **The Man Who Destroyed Oscar Wilde**
12.00 M'T **Icons of Conquest**
1.20 **to 2.00** AM **Grand Tours of the Scottish Islands**

SATURDAY

Saturday

Sky Nature

145 113/114 189 354 369

6.00 AM **Africa's Hunters**
8.00 **Macro Worlds**
11.00 **Secrets of the Enchanted Waters** Documentary.
12.00 NOON **Extraordinary Animals**
1.00 PM **Becoming Elephant: The Orphans Of Reteti**
2.00 **Volcanic Odysseys**
4.00 **Nature's Dress Code: Who Wears What and Why?**
5.00 **David Attenborough's Galapagos** 1-3/3. Triple bill.
8.00 **Battle of the Alphas** Battles between elephant seals and humpback whales. **8.30** Animal battles in Canada involving bison, bald eagles and polar bears.
9.00 **Jaguar Journals**
10.00 **City Wildlife Rescue** A baby groundhog is rushed in. **10.30** A mother rabbit cares for an adopted baby.
11.00 **City Wildlife Rescue**
12.00 M'T **Battle of the Alphas**
1.00 AM **Jaguar Journals**
2.00 **America's Wild Border: Northern Exposure**
3.00 **to 6.00** AM **Wild Latin America**

Crime+Investigation

139/140 142 133

6.00 AM **On the Case with Paula Zahn** Triple bill of editions.
8.55 **Court Cam**
3.40 PM **My Strange Arrest**
5.00 **Buried in the Backyard**
6.00 **The Real Murders of Orange County** When two colleagues are gunned down at work, police are left with no hints towards a motive. **7.00** A woman is killed in her bedroom just before Christmas.
8.00 **Murder on Trial** A celebrity hairdresser is found stabbed to death in his California home.
9.00 **Murder at the Motel** A housekeeper at the Village Inn Motel finds a guest dead.
10.00 **Don't Open the Door** Chilling true-crime tales of lives changed by a knock on the door.
11.00 **Fear Thy Neighbour**
1.00 AM **Sin City Murders**
2.00 **Hometown Tragedy**
3.00 **Meet, Marry, Murder**
4.00 **to 6.00** AM **On the Case with Paula Zahn**

+1 hour 256 333

U&Eden

166 134/162 176 57 160 142

9.00 AM **The Two Ronnies**
1.00 PM **The Two Ronnies**
6.45 **The Two Ronnies** Vintage comedy from Messrs Barker and Corbett, featuring music from Clodagh Rodgers. **7.20** Featuring the classic serial *Death Can Be Fatal*, with Mr Corbett as Charlie Farley and Mr Barker as Piggy Malone. **8.05** The rhyming policeman sketch and a medical monologue from Mr Barker are the highlights in this edition of the vintage comedy. **8.55** Including the Job Interview, the Soho Cinema, and a musical interlude with Jehosophat and Jones. **9.50** Vintage comedy, including Tearful Party Guest and Public Service Announcement About Water Shortage.
10.40 **The Two Ronnies**
4.25 AM **Railway Murders** The most notorious murders ever to take place on the British railways.
5.15 **to 6.00** AM **My Kind of Town**

+1 hour 266 376

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **History's Greatest Aircraft**
10.00 **Soviet Storm: WWII in the East**
11.00 **Digging for Britain**
1.00 PM **Britain's Most Historic Towns** Exploring Chester.
2.00 **Ancient Aliens**
4.00 **Secret Wars Uncovered**
6.00 **Britain's Most Historic Towns** Alice Roberts investigates Norman Britain in Winchester. **7.00** Alice tells the story of Tudor England in Norwich.
8.00 **What on Earth?** A young boy uses satellite images to discover lost cities of the Maya.
9.00 **Rome: Rise and Fall of an Empire** A look into how the Barbarian tribes brought about the Empire's downfall.
10.00 **WWII Battles in Colour** The Blitzkreig, or 'lightning war', attack on Poland in 1939.
11.00 **Ancient Aliens** Double bill.
1.00 AM **Hitler's Secret Sex Life**
2.00 **Evidence of the Unexplained**
3.00 **Secret Wars Uncovered**
5.00 **to 6.00** AM **Footprints of Civilisation**

WILD

165 145/133 182

8.00 AM **Bizarre Animal Friends**
9.00 **Heartland Docs**
10.00 **Secrets of the Zoo**
11.00 **The Incredible Dr Pol**
12.00 NOON **Yukon Vet**
2.00 PM **Attack of the Red Sea Sharks** Documentary.
3.00 **Ice Road Rescue**
5.00 **Snakes in the City**
7.00 **Heartland Docs** Dr Erin raises money for charity by showing a steer at the state fair.
8.00 **Secrets of the Zoo: Tampa** As a team of doctors rush to a leopard's side, a monkey gets a rare physical, birds take cover from avian flu and a newt species gets a second chance. **9.00** Bonds are made between lemurs and wallabies.
10.00 **Mega Piranha** Experts investigate piranhas in the Amazon Basin to discover what the flesh-eating ancient mega-piranha were capable of.
11.00 **Snakes in the City**
12.00 M'T **Lawless Island**
2.00 AM **Fish Tank Kings**
4.00 **to 5.00** AM **Yukon Vet**

ID

154 140 166

8.00 AM **Til Death Do Us Part**
10.00 **Breaking Homicide**
12.00 NOON **Who Killed Jane Doe?**
2.00 PM **Murder in the Heartland**
4.00 **Disappeared** Double bill.
6.00 **The Perfect Murder** The case of 42-year-old Miami mother Raquel Calderin, who vanished on her way home from work. **7.00** Exploring the case of car dealer Christopher O'Brien.
8.00 **Mean Girl Murders** The case of Joel Frazier, who suddenly went missing in 2017.
9.00 **911: Did the Killer Call?** Suspicions are aroused when a wife finds her husband dead outside in the snow.
10.00 **Body Cam** In California, police face-off against a knife wielding bodybuilder. Plus, a wanted criminal draws an officer into a brawl in a sex shop.
11.00 **The Curious Case of...**
12.00 M'T **Sin City Justice**
2.00 AM **Deadly Secrets**
4.00 **to 6.00** AM **Til Death Do Us Part**

+1 hour 254 366

Discovery Science

167 148 179

8.00 AM **Blowing Up History**
10.00 **How It's Made**
12.00 NOON **How It's Made: Dream Cars** Four editions.
2.00 PM **How the Universe Works**
4.00 **NASA's Unexplained Files**
6.00 **How It's Made** Four editions.
8.00 **Alien Highway** A series of UFO sightings brings Chuck Zukowski and the team to Colorado. **9.00** Chuck receives a map supposedly leading him to recovered materials from the Roswell incident.
10.00 **The Alaska Triangle** Experts examine whether an interdimensional portal in the Alaska Triangle led to the disappearance of an aeroplane. **11.00** Investigating a string of disappearances and mutilations in Alaska.
12.00 M'T **Expedition Bigfoot**
2.00 AM **Unexplained and Unexplored** Double bill.
4.00 **to 6.00** AM **How It's Made: Dream Cars**

+1 hr 267 379

Discovery History

174 147 181

7.00 AM **Shed and Buried**
9.00 **Combat Dealers**
12.00 NOON **Shed and Buried**
3.00 PM **Salvage Hunters: The Restorers** Triple bill.
6.00 **How the Universe Works** Experts analyse what happens when galaxies containing billions of stars collide. **7.00** A look back at the Rosetta mission, a ground-breaking expedition to land on a comet for the very first time. **8.00** Experts explain the importance of supermassive black holes as they attempt to solve the mysteries surrounding these phenomena.
9.00 **HMS Ark Royal** The aircraft carrier takes part in a large-scale military exercise. **10.00** The ship is welcomed back into Portsmouth.
11.00 **Treasure Quest: Snake Island**
12.00 M'T **Blowing Up History: Seven Wonders**
2.00 **to 5.00** AM **Combat Dealers**

+1 hour 274 381

Discovery Turbo

161/172 146 180

7.00 AM **Fifth Gear**
10.00 **FourWheeler**
11.00 **G.A.S. Extreme Customs**
12.00 NOON **Shorty's Dream Shop**
5.00 PM **Texas Metal** Triple bill.
8.00 **Garage Squad** After suffering a terrible tragedy, a family are eager to get their Chevy 1976 4x4 outside and into the mud. **9.00** The team try to get the Mustang resurrected for the owner's wife while struggling to get the GTO street legal. **10.00** The team come to the aid of the Meyers family, to restore a 1968 Malibu in memory of their son.
11.00 **Shed and Buried** Henry Cole and Sam Lovegrove examine Japanese bikes in Hampshire. **11.30** Featuring rare Minis, 1970s Rollers and a pristine rally car in Oxfordshire. **12.00** M'T Henry and Sam search for vehicles in Cornwall. **12.30** AM Henry and Sam head to Oxfordshire.
1.00 **to 4.00** AM **Fifth Gear**

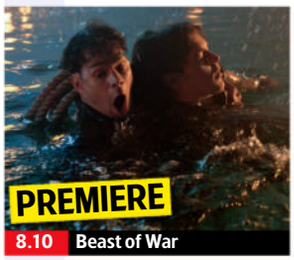
+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.30 AM **Smurfs** As 3.50pm.
8.10 PREMIERE **Beast of War**
9.50 **Nuremberg** As 5.30pm.
12.20 PM **The Ballad of Wallis Island** As shown at 8.00pm.
2.05 **A Minecraft Movie** Fantasy. (2025, PG, 101min) ★★★
3.50 **Smurfs** Fantasy comedy featuring the voice of Rihanna. (2025, PG, 89min) ★★
5.30 **Nuremberg** Thriller starring Russell Crowe and Rami Malek. (2025, 15, 148min) ★★★★★



8.10 Beast of War

8.00 **The Ballad of Wallis Island** Offbeat comedy written by and starring Tim Key and Tom Basden, with Carey Mulligan and Sian Clifford. (2025, 12, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **28 Years Later** Horror starring Jodie Comer and Aaron Taylor-Johnson. Decades since the rage virus took hold, one survivor leaves the safety of a fortified island on a mission into the mainland. (2025, 15, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Sinners** Horror thriller. (2025, 15, 132min) ★★★★
2.05 AM PREMIERE **Beast of War** Thriller starring Mark Coles Smith. (2025, 15, 87min) ★★★★ *See review, page 23.*
3.40 **Cookster: The Darkest Days** Drama. (2024, 15, 119min)
5.45 **to 7.30** AM **A Minecraft Movie** As shown at 2.05pm.

Sky Cinema Transformers

303 303 403 503 517

7.35 AM **Transformers: The Last Knight** As shown at 10.50pm.
10.20 **Bumblebee** As 1.25am.
12.25 PM **Transformers** As 3.30am.
2.50 **Transformers: Revenge of the Fallen** Sci-fi adventure sequel starring Shia LaBeouf. (2009, 12, 149min) ★★★
5.25 **Transformers: Dark of the Moon** Sci-fi adventure sequel starring Shia LaBeouf and Rosie Huntington-Whiteley. (2011, 12, 154min) ★★★

12.25 Transformers

8.00 **Transformers: Age of Extinction** Sci-fi action adventure sequel starring Mark Wahlberg and Stanley Tucci. The shape-changing robots emerge from hiding when technology from their own world threatens the human race. (2014, 12, 166min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 **Transformers: The Last Knight** Sci-fi action adventure sequel starring Mark Wahlberg. The shape-changing robots must find an ancient artefact to protect Earth from their own creator. (2017, 12, 155min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.25 AM **Bumblebee** *Transformers* prequel starring Hailee Steinfeld and John Cena. (2018, PG, 114min) ★★★★
3.30 **to 6.00** AM **Transformers** Sci-fi action adventure. (2007, 12, 144min) ★★★★

Sky Cinema Drama

310 310 410 510 524

6.40 AM **Poison** As shown at 2.15am.
8.25 **Empire of the Sun** Epic drama. (1987, PG, 152min) ★★★★
11.10 **American Sniper** Biopic. (2014, 15, 127min) ★★★★
1.30 PM **Drift** Drama with Cynthia Erivo. (2023, 15, 93min) ★★★★
3.15 **Burning an Illusion** (1981)
5.10 **Amadeus** Historical drama starring F Murray Abraham. (1984, PG, 158min) ★★★★★
8.00 **Legends of the Fall** Epic drama starring Brad Pitt. The three sons of a retired colonel come into conflict when they meet a beautiful woman. With Anthony Hopkins and Aidan Quinn. (1994, 15, 133min) ★★★★
10.20 **Dallas Buyers Club** Fact-based drama starring Jared Leto and Matthew McConaughey. A man diagnosed with HIV sets up an organisation to smuggle drugs for treating the condition into the US. (2013, 15, 114min) ★★★★
12.25 AM **Burning an Illusion** Drama. (1981, 15, 103min) ★★★
2.15 **Poison** Drama with Tim Roth. (2024, PG, 86min) ★★★★
3.50 **Ordinary Angels** Drama. (2024, 12, 113min) ★★★★
5.50 **to 7.45** AM **Black Dog** Chinese drama. Subtitled. (2024, 12) ★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.40 AM **A.I. Artificial Intelligence** Steven Spielberg's sci-fi fantasy. (2001, 12, 145min) ★★★★
9.10 **I Am Legend** Sci-fi thriller. (2007, 15, 101min) ★★★★
10.55 **The Shining** Horror chiller. (1980, 15, 119min) ★★★★★
1.20 PM **Children of Men** Thriller. (2006, 15, 109min) ★★★★★
3.20 **The Matrix** Sci-fi action thriller. (1999, 15, 136min) ★★★★
5.40 **The Matrix Reloaded** Thriller sequel starring Keanu Reeves. (2003, 15, 137min) ★★★★
8.00 **The Matrix Revolutions** Sci-fi action thriller sequel starring Keanu Reeves and Carrie-Anne Moss. (2003, 15, 129min) ★★★
10.15 **The Matrix: Resurrections** Sci-fi thriller sequel starring Keanu Reeves. To find out if his reality is a physical or mental construct, Neo has to choose to follow the white rabbit once more. (2021, 15, 148min) ★★★
12.45 AM **From Dusk Till Dawn** Gory horror starring George Clooney. (1995, 18, 108min) ★★★★
2.35 **Pet Sematary** Supernatural thriller. (1989, 18, 103min) ★★★
4.20 **to 6.00** AM **If You Were the Last** Sci-fi romantic comedy. (2023, 15, 92min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

7.30 AM **Zathura: A Space Adventure** (2005, PG) ★★★★
9.15 **IF** As shown at 10.50pm.
11.05 **The Cat in the Hat** (2003)
12.35 PM **Lemony Snicket's A Series of Unfortunate Events** Fantasy. (2004, PG) ★★★★
2.30 **The Wizard of Oz** Musical. (1939, U, 98min) ★★★★★
4.20 **SpongeBob Movie: Sponge Out of Water** (2015, U) ★★★
6.00 **Pokemon: Detective Pikachu** Fantasy. (2019, PG) ★★★★

7.55 **Stuart Little** Fantasy adventure featuring the voices of Michael J Fox and Nathan Lane. (1999, U, 84min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.25 **Stuart Little 2** Fantasy sequel with the voice of Michael J Fox. Romance enters the life of talking mouse Stuart Little when he rescues an injured bird from a predatory falcon. (2002, U, 78min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 **IF** Fantasy starring Ryan Reynolds, Cailey Fleming, John Krasinski and Phoebe Waller-Bridge. (2024, U, 104min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Breaking Point** Drama. (2023, 12, 102min) ★★★
2.25 **Ride On** Action drama. (2023, PG, 126min) ★★★
4.35 **to 6.00** AM **The Cat in the Hat** Fantasy with Mike Myers. (2003, PG, 82min) ★★★★

Sky Cinema Action

307 307 407 507 521

7.20 AM **The Cinema List: Jurassic Wonder Woman** Fantasy. (2017, 12, 121min) ★★★★
10.05 **Aquaman** Action adventure. (2018, 12, 143min) ★★★
12.40 PM **Godzilla x Kong: The New Empire** Adventure. (2023, 12, 115min) ★★★
2.40 **2012** Epic disaster movie. (2009, 12, 158min) ★★★
5.30 **Bad Boys II** Comedy thriller sequel starring Will Smith. (2003, 15, 147min) ★★★

8.00 **Furiosa: A Mad Max Saga** Fantasy adventure starring Anya Taylor-Joy, Chris Hemsworth and Tom Burke. A warrior seeks vengeance against a biker horde led by the crazed Dementus. (2023, 15, 148min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.40 **Birds of Prey and the Fantabulous Emancipation of One Harley Quinn** Fantasy adventure spin-off starring Margot Robbie. (2020, 15, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **Black Hawk Down** Ridley Scott's war drama. (2001, 15, 144min) ★★★
3.15 **Hero** Chinese adventure starring Jet Li. Subtitled. (2002, 12, 99min) ★★★★
5.10 **Sky Cinema Preview**
5.50 **to 7.40** AM **The Dark Tower** Fantasy. (2017, 12, 95min) ★★

Sky Cinema Comedy

308 308 408 508 522

7.40 AM **Galaxy Quest** (1999)
9.25 **The Blues Brothers** Comedy. (1980, 15, 135min) ★★★★★
11.40 **Sleepless in Seattle** Comedy. (1993, PG, 105min) ★★★★★
1.30 PM **Two Weeks Notice** Comedy. (2002, 12) ★★★
3.15 **Police Academy** (1984) ★★★
4.55 **Police Academy 2: Their First Assignment** Comedy sequel. (1985, 12, 87min) ★★
6.25 **Police Academy 3: Back in Training** Comedy. (1986, PG) ★

8.00 **Ted** Offbeat buddy comedy starring Mark Wahlberg and Mila Kunis. A 35-year-old Boston slacker's best friend is the stuffed teddy bear who magically came to life when he was a boy. (2012, 15, 106min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Ted 2** Comedy sequel starring Mark Wahlberg and Amanda Seyfried. The foul-mouthed talking teddy fights a court case for the right to be legally recognised as a person. (2015, 15, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Disaster Movie** Spoof comedy. (2008, 12, 86min) ★
1.20 AM **Wayne's World** Comedy. (1992, PG, 95min) ★★★★
2.55 **Wayne's World 2** Comedy sequel starring Mike Myers. (1993, PG, 95min) ★★★
4.35 **to 6.25** AM **Alfie** Comedy drama remake starring Jude Law. (2004, 15, 106min) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.10 AM **Murder by Numbers** Thriller. (2002, 15) ★★★
8.15 **Speak No Evil** (2024) ★★★★
10.15 **Black Bag** (2024, 15) ★★★★
12.00 NOON **The Bourne Supremacy** (2004, 12) ★★★★
1.50 PM **Layer Cake** Thriller. (2004, 15, 105min) ★★★★
3.40 **Sherlock Holmes** Adventure. (2009, 12, 128min) ★★★★
5.50 **Sherlock Holmes: A Game of Shadows** Adventure sequel. (2011, 12, 128min) ★★★

8.00 **The Bourne Ultimatum** Spy thriller sequel starring Matt Damon. An ex-CIA assassin strives to outsmart cops, killers and his former bosses in his quest to discover his true identity. With Julia Stiles and David Strathairn. (2007, 12, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Snatch** Crime comedy drama starring Jason Statham, Benicio Del Toro and Brad Pitt. A group of British crooks plan to steal a diamond from an American mobster. (2000, 18, 102min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Hallow Road** Thriller. (2025, 15, 80min) ★★★★
1.15 AM **The Krays** Crime drama. (1990, 18, 119min) ★★★
3.15 **Three Days of the Condor** Thriller with Robert Redford. (1975, 15, 118min) ★★★★
5.20 **to 7.20** AM **Marlowe** Crime thriller. (2022, 15, 110min) ★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Think Like a Dog** Comedy drama. (2020, PG, 91min) ★★
12.50 PM **Rat Race** Road comedy. (2001, 12, 112min) ★★★
3.00 **Earth Vs the Flying Saucers** Thriller with Hugh Marlowe. (1956, b/w, U, 83min) ★★★
4.40 **Secret Headquarters** Sci-fi comedy adventure. (2022, PG, 104min) ★★★
6.45 **Entrapment** Romantic action thriller. (1999, 12, 112min) ★★★

Entrapment (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Heat** Michael Mann's crime thriller starring Al Pacino and Robert De Niro. An LA police detective is determined to catch an elusive master criminal whose dedication to his profession matches his own. (1995, 15, 171min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Firestarter** Horror thriller starring Zac Efron and Ryan Kiera Armstrong. A girl attempts to understand how she gained the power to set things on fire with her mind. (2022, 15, 94min) ★★★
2.10 **to 4.00** AM **Little Monsters** Horror comedy starring Lupita Nyong'o and Josh Gad. (2019, 15, 93min) ★★★★

+1hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema Feel Good

302 302 402 502 516

6.20 AM **Singin' in the Rain** Musical. (1952, U, 102min) ★★★★★
8.05 **Funny Girl** Musical biopic. (1968, U, 169min) ★★★★
10.35 **How to Lose a Guy in 10 Days**
12.35 PM **13 Going on 30** Comedy. (2004, 12, 98min) ★★★
2.15 **Shirley Valentine** As 10.40pm.
4.10 **Miss Congeniality 2: Armed and Fabulous** Comedy sequel. (2005, 12, 113min) ★★

6.10 **You've Got Mail** Romantic comedy starring Tom Hanks. (1998, PG, 114min) ★★★
8.15 **Jerry Maguire** Comedy drama starring Tom Cruise. An idealistic sports agent finds support from an adoring single mother and a pugnacious American football star. (1996, 15, 139min) ★★★★
10.40 **Shirley Valentine** Romantic comedy starring Pauline Collins. A bored housewife finds sun, wine and love on a Greek island. (1989, 15, 108min) ★★★★

12.35 AM **Mamma Mia! Here We Go Again** Romantic musical sequel. (2018, PG, 114min) ★★★★
2.35 **How to Lose a Guy in 10 Days** Comedy starring Kate Hudson. (2003, 12, 116min) ★★★
4.35 **to 6.25** AM **A Nice Indian Boy** Comedy. (2024, 12, 96min) ★★★

Sky Cinema Greats

304 304 404 504 518

7.00 AM **Blazing Saddles** Western spoof. (1974, 12, 90min) ★★★★
8.35 **In & Out** Comedy starring Kevin Kline. (1997, 12, 91min) ★★★
10.10 **Shirley Valentine** Comedy. (1989, 15, 108min) ★★★★
12.00 NOON **Sixteen Candles** Teen comedy. (1984, 12, 89min) ★★★
1.35 PM **The Golden Child** Fantasy adventure starring Eddie Murphy. (1986, PG, 93min) ★★

3.10 **Billy Madison** Comedy. (1995, PG, 90min) ★★
4.45 **Risky Business** Comedy drama. (1983, 18, 98min) ★★★★
6.30 **Ace Ventura Pet Detective** Comedy starring Jim Carrey. (1993, 12, 86min) ★★★★
8.00 **Ace Ventura: When Nature Calls** Comedy sequel starring Jim Carrey and Ian McNeice. (1995, PG, 89min) ★★★
9.40 **Big Daddy** Comedy with Adam Sandler and Kristy Swanson. (1999, 12, 95min) ★★★

11.15 **Dumb and Dumber** Comedy starring Jim Carrey and Jeff Daniels. (1994, 12, 107min) ★★★
1.05 AM **Caddyshack** Comedy. (1980, 15, 95min) ★★★
2.45 **Alfie** Comedy starring Michael Caine. (1966, 15, 114min) ★★★★
4.40 **to 6.15** AM **Sixteen Candles**

Sky Cinema Animation

305 305 412 500 514

7.10 AM **Smurfs: The Lost Village** Animation. (2017, U) ★★★
8.50 **Monster Family** Animated comedy. (2017, PG, 96min) ★★
10.35 **Monster Family 2** Animated sequel. (2021, U, 90min) ★
12.30 PM **The Lego Movie 2: The Second Part** Animated sequel. (2019, U, 107min) ★★★★
2.20 **Bee Movie** Animated comedy. (2007, U, 91min) ★★★

4.00 **Dragon Rider** Animated fantasy. (2020, PG, 91min) ★★★
5.45 **Smurfs** Animated comedy. (2025, PG, 89min) ★★
7.25 **The Adventures of Tintin: The Secret of the Unicorn** Animated family adventure. (2011, PG, 106min) ★★★★★
9.25 **Scarygirl** Animated adventure featuring the voice of Anna Torv. (2023, PG, 90min) ★★★
11.10 **Batman Unlimited: Animal Instincts** Animated adventure. (2015, PG, 74min) ★★

12.40 AM **Fox and Hare Save the Forest** Animated adventure. (2024, U, 71min) ★★★
2.05 **Home** Animation. (2014, U) ★★★
3.45 **Open Season: Scared Silly** Animation. (2015, PG) ★★★
5.25 **to 6.55** AM **Teen Titans Go! to the Movies** (2018, PG) ★★★

Movies 24

312 313 419

7.00 AM **Return to Office** Romantic drama. (2025, PG, 84min) ★★
9.00 **Eat, Love, London** Romantic drama. (2024, PG, 90min) ★★
11.00 **The Attraction Test** Romantic comedy. (2022, PG, 85min) ★★
1.00 PM **Home Turf** Romantic comedy. (2025, PG, 84min) ★★
3.00 **Haunted Wedding** Fantasy comedy starring Janel Parrish. (2024, PG, 84min) ★★

5.00 **Love in the Maldives** Romantic drama. (2023, PG, 84min) ★★
7.00 **Hearts in the Game** Romantic comedy starring Erin Cahill. (2023, PG, 84min) ★★
9.00 **Love's Greek to Me** Romantic drama starring Torrey DeVitto and Yannis Tsimitselis. A woman travels to Santorini with her Greek boyfriend for a family wedding, but when he surprises her by proposing, she gets caught in the whirlwind of his mother. (2023, PG, 90min) ★★

11.00 **Lucky Hearts** Romantic comedy. (2023, PG, 89min) ★★
1.00 AM **Dare to Say Yes** Romantic drama. (2023, PG, 87min) ★★
3.00 **to 5.00** AM **Planning on Forever** (2022, PG) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Captain Scarlett** Period adventure. (1952, U, 75min) ★★
7.35 **Watching Points** Short film.
7.55 **The Black Arrow** 2/6. (S2)
8.25 **The Adventures of Sir Lancelot**
9.00 **Batman** 52/60. (S2)
9.30 **The Roy Rogers Show**
10.00 **Stingray** 8/39. (S1)
10.30 **The Adventures of William Tell**
11.00 **The Buccaneers** 6/39. (S1)
11.30 **The Adventures of Robin Hood**

12.00 NOON **Warning from Space** Japanese sci-fi drama. Subtitled. (1964, PG, 105min) ★★
1.45 PM **Commandos Strike at Dawn** Drama. (1943, b/w, PG) ★★
3.50 **A Woman of Mystery** Crime drama. (1957, b/w, U, 71min) ★★
5.10 **The 39 Steps** (1959, U) ★★★
7.00 **Maigret** 4/13. (S3)
8.00 **A Family at War** 16/20. (S3)
9.00 **Obsession** Suspense thriller. (1948, b/w, PG, 93min) ★★
10.55 **The World of Hammer**
12.05 AM **Eurotrash**

12.40 **Blast-Off Girls** (1967, 18) ★★
2.20 **Confessions of a Driving Instructor** Comedy. (1976, 18) ★
4.05 **A Lifetime Ago with the Baim Collection**
4.25 **The Adventures of Sir Lancelot**
4.55 **The Roy Rogers Show**
5.30 **to 6.00** AM **Stingray**

SATURDAY Sport 17 January

Sky Sports Main Event

401 401 511 501 419 439

- 6.00 AM **Sky Sports News**
- 7.00 **Sky Sports Breakfast**
- 7.30 **LIVE DP World Tour Golf** Coverage of the third day of the Dubai Invitational staged at Dubai Creek Golf & Yacht Club.
- 11.00 **LIVE Premier League Manchester United v Manchester City.** Coverage of the top-flight match from Old Trafford. Kick-off **12.30pm**.
- 3.00 PM **Gillette Soccer Saturday**
- 3.30 **LIVE SA20 Joburg Super Kings v Pretoria Capitals.** Coverage of the T20 match from DP World Wanderers Stadium in Johannesburg.
- 5.00 **LIVE EFL Swansea City v Birmingham City.** All the action from the Championship match at Swansea.com Stadium. Kick-off **5.30pm**.
- 8.00 **Match Centre**
- 9.00 **LIVE NFL** Coverage of the first Divisional play-off match, as the teams compete for a place in the Conference Championships.
- 1.00 AM **LIVE NFL** Coverage of the second Divisional play-off match.
- 4.30 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

- 6.00 AM **PL Greatest Games**
- 7.00 **Premier League Preview**
- 7.30 **Fantasy Show**
- 8.00 **The Big Interview**
- 8.30 **Premier League Stories**
- 9.00 **Premier League Preview**
- 9.30 **Fantasy Football Countdown**
- 10.00 **Saturday Social**
- 11.00 **LIVE Premier League Manchester United v Manchester City.** The top-flight match from Old Trafford, as the local rivals go head to head. The reverse fixture back in September saw Pep Guardiola's side come away with a comfortable 3-0 victory at home thanks to a brace from Erling Haaland and a Phil Foden header. Kick-off **12.30pm**.
- 3.00 PM **Gillette Soccer Saturday**
- 8.00 **Transfer 360** Gareth Barry.
- 8.30 **Game of the Day** A full re-run of one of this afternoon's fixtures.
- 10.30 **Premier League Highlights** Leeds United v Fulham. **11.00** Chelsea v Brentford. **11.30** Liverpool v Burnley.
- 12.00 M'T **Premier League Highlights**
- 4.30 AM **PL Greatest Games**
- 5.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

- 6.00 AM **EFL Highlights**
- 6.15 **EFL Cup Retro** The 2015 final.
- 8.15 **Craig Brown: My Scotland**
- 8.45 **Jimmy Glass: The Great Escape**
- 9.15 **Scottish Football VAR Review**
- 9.45 **EFL Highlights** Championship.
- 10.00 **Saturday Social**
- 11.00 **EFL Cup Highlights**
- 12.00 NOON **LIVE EFL Coventry City v Leicester City.** Coverage of the Championship match from Coventry Building Society Arena. Kick-off **12.30pm**.
- 3.00 PM **Gillette Soccer Saturday**
- 5.00 **LIVE EFL Swansea City v Birmingham City.** All the action from the Championship match at Swansea.com Stadium. Kick-off **5.30pm**.
- 8.00 **EFL Highlights** Championship.
- 8.30 **EFL Cup Highlights** Newcastle United v Manchester City. **9.00** Chelsea v Arsenal.
- 9.30 **The Story of Frank: Soo and His Impact on English Football**
- 10.00 **EFL Highlights** Championship.
- 2.00 AM **Henrik Larsson: 20 Years On**
- 3.00 **EFL Greatest Games**
- 4.00 **EFL Cup Highlights**
- 5.00 **Old Firm Derby Best Goals**
- 5.30 **to 6.00** AM **Edinburgh Derby**

Sky Sports Cricket

405 405 514 504 422 442

- 6.00 AM **LIVE Big Bash League Adelaide Strikers v Melbourne Renegades.** Coverage of the T20 match staged at Adelaide Oval.
- 9.15 **LIVE Big Bash League Perth Scorchers v Melbourne Stars.** Coverage of the T20 match from Optus Stadium in Perth.
- 12.35 PM **LIVE SA20 Durban's Super Giants v Paarl Royals.** The T20 match from Hollywoodbets Kingsmead.
- 2.30 **Best of England v South Africa**
- 2.45 **Best of ICC WT20**
- 3.00 **Best of Jimmy Anderson: 500th Wicket** From 2017.
- 3.10 **Best of Sky Cricket**
- 3.20 **LIVE SA20 Joburg Super Kings v Pretoria Capitals.** Coverage of the T20 match from DP World Wanderers Stadium in Johannesburg.
- 7.00 **Big Bash League**
- 9.00 **SA20** Action from Durban's Super Giants v Paarl Royals. **10.00** Highlights from Joburg Super Kings v Pretoria Capitals.
- 11.00 **WPL** Tournament highlights.
- 1.00 AM **ICC Men's T20 World Cup**
- 3.00 **Big Bash League**
- 4.00 **to 6.00** AM **SA20**

Sky Sports Golf

406 406 515 505 423 443

- 6.00 AM **Chronicles of a Champion Golfer** A profile of John Daly.
- 6.30 **DP World Tour Golf**
- 7.30 **LIVE DP World Tour Golf** Coverage of day three of the Dubai Invitational at Dubai Creek Golf & Yacht Club. This is just the second edition of this competition after its inaugural event took place in 2024. That first tournament was won by Tommy Fleetwood, who finished one stroke clear of nearest competitors Thriston Lawrence and Rory McIlroy, ending on 19-under-par.
- 12.30 PM **PGA Tour Golf** Sony Open.
- 3.30 **Beyond the Scorecard**
- 4.00 **LIVE Latin America Amateur Championship** Coverage of day three at Lima Golf Club in Peru.
- 7.00 **LIVE PGA Tour Golf** Coverage of the featured groups on day three of the Sony Open in Hawaii at the Waialae CC in Honolulu.
- 12.00 M'T **LIVE PGA Tour Golf** Further coverage of day three of the Sony Open in Hawaii.
- 3.00 AM **PGA Tour Golf**
- 4.00 **Nick Dougherty's Tee Time Tips**
- 5.00 **Best of the Hero Masterclass**
- 5.30 **to 6.00** AM **The Open Zone**

TNT Sports 1

410 413 521 408 430

- 7.45 AM **TNT Sports Reload**
- 8.00 **Premier League Preview**
- 8.30 **LIVE Isuzu UTE A-League Adelaide United v Melbourne Victory.** Kick-off is at **8.35am**.
- 10.30 **Premier League Features**
- 11.30 **LIVE Women's FA Cup Sunderland v London City Lionesses.** The fourth-round match. Kick-off is at **12.15pm**.
- 2.45 PM **LIVE Snooker Masters** The opening semi-final from Alexandra Palace in London.
- 4.30 **LIVE Premier League Nottingham Forest v Arsenal.** The Premier League match from the City Ground. Kick-off **5.30pm**.
- 8.00 **LIVE Serie A Cagliari v Juventus.** The Italian top-flight match at Unipol Domus.
- 9.45 **Premier League: Big Interview**
- 10.15 **UEFA Champions League**
- 10.45 **UEFA Europa League & Conference League Magazine**
- 11.15 **In My Blood** Thomas Frank.
- 11.30 **Dakar Rally Saudi Arabia**
- 12.30 **to 6.00** AM **LIVE Australian Open** Day one of the opening Grand Slam event of the season in Melbourne. *See feature, page 28.*

TNT Sports 2

411 414 522 409 431

- 6.00 AM **Dakar Rally Saudi Arabia**
- 7.00 **LIVE Isuzu UTE A-League Central Coast Mariners v Macarthur FC.** Kick-off **7.00am**.
- 9.00 **The Fantasy Show**
- 9.30 **TNT Sports Reload**
- 10.00 **The Breakdown** Thomas Frank.
- 10.30 **LIVE Women's Nordic Combined Skiing** In Oberhof.
- 11.00 **Training Day**
- 11.15 **LIVE Men's Nordic Combined Skiing** In Oberhof.
- 12.00 NOON **TNT Sports Reload**
- 12.15 PM **Roll the Tape**
- 12.45 **LIVE Snooker Masters** The opening semi-final from Alexandra Palace in London.
- 4.30 **Ultimate Pool** Recent action.
- 6.00 **The Breakdown**
- 6.30 **TNT Sports Reload**
- 6.45 **LIVE Snooker Masters** Coverage of the second semi-final.
- 10.30 **TNT Sports Cricket Reload**
- 10.45 **WRC Review** Rally Kenya.
- 11.45 **Ski Jumping World Cup**
- 12.15 AM **Inside Serie A**
- 1.15 **Ski Jumping World Cup**
- 1.45 **LIVE Ski Jumping** In Sapporo.
- 3.45 **Snooker Masters** Day six.
- 5.45 **to 6.00** AM **TNT Sports Reload**

Sky Sports NFL

412 410 517 507 426 446

- 6.00 AM **NFL Highlights**
- 1.00 PM **NFL Highlights**
- 5.00 **NFL Gameday** The latest news.
- 9.00 **LIVE NFL** Coverage of the first Divisional play-off match, as the teams compete for a place in the Conference Championships. The Kansas City Chiefs claimed a controversial 23-14 victory over the Houston Texans in the corresponding match last season that saw them benefit from several questionable penalty calls, as they became the first team in play-off history to win while forcing no turnovers and being outgained by at least 100 yards.
- 1.00 AM **LIVE NFL** Coverage of the second Divisional play-off match, as the teams compete for a place in the Conference Championships. The Washington Commanders claimed a stunning 45-31 victory away to the Detroit Lions at this stage last season, ensuring their first NFC Championship appearance in 33 years, while scoring their highest points total in a play-off game.
- 4.30 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

- 6.30 AM **Sky Sports News**
- 9.30 **Fantasy Football Countdown**
- 10.00 **Soccer Saturday Pre-Match**
- 12.00 NOON **EFL Build-Up**
- 12.25 PM **LIVE EFL Ipswich Town v Blackburn Rovers.** Coverage of the Championship match at Portman Road. The reverse fixture at Ewood Park finished in a 1-1 draw, with Sindre Egeli scoring a 90th-minute equaliser for the Tractor Boys. Kick-off **3.00pm**.
- 3.00 **Gillette Soccer Saturday**
- 5.20 **LIVE Bundesliga RB Leipzig v Bayern Munich.** The German top-flight match at Red Bull Arena. Kick-off **5.30pm**.
- 7.30 **Gillette Soccer Saturday**
- 8.00 **Match Centre**
- 10.00 **LIVE NBA Basketball Dallas Mavericks v Utah Jazz.** Coverage of the Western Conference match at American Airlines Center. Tip-off **10.00pm**.
- 12.30 AM **Sky Sports Catch Up**
- 1.00 **Big Bash League**
- 2.00 **SA20** Tournament highlights.
- 3.00 **Big Bash League**
- 4.00 **to 6.00** AM **World Darts Championship**

Sky Sports Tennis

408 408 537 520 425 445

- 6.30 AM **ATP Tennis** Madrid Open.
- 6.45 **WTA Tennis** Miami Open final.
- 7.00 **United Cup Tennis** The final.
- 9.00 **WTA & ATP Tennis**
- 3.00 PM **WTA & ATP Tennis** Action from the Adelaide Open finals.
- 7.00 **ATP Tennis** Auckland Open final at ASB Tennis Centre in Parnell.
- 9.00 **WTA Tennis** The Hobart Open final at Domain Tennis Centre.
- 11.00 **ATP Tennis** Adelaide Open final at Memorial Drive Tennis Centre.
- 1.00 **to 6.00** AM **WTA & ATP Tennis**

Sky Sports Mix

416 412 510 429 449

- 6.00 AM **Big Bash League**
- 7.00 **Best of England v South Africa**
- 7.15 **LIVE ICC Under-19s World Cup Cricket Bangladesh v India.** The Group B match staged at Queens Sports Club in Bulawayo, Zimbabwe.
- 3.00 PM **Best of England v South Africa** Action from 2011.
- 3.15 **Best of ICC WT20**
- 3.30 **Big Bash League**
- 4.30 **SA20** Tournament highlights.
- 5.30 **NFL Bitesize Highlights**
- 6.00 **NFL Highlights** Chicago Bears v Green Bay Packers at Soldier Field. **7.00** Jacksonville Jaguars v Buffalo Bills in the third Wild Card play-off at EverBank Stadium.
- 8.00 **DP World Tour Golf** Action from day three of the Dubai Invitational.
- 9.00 **Tennis** Adelaide Open finals.
- 1.00 AM **NFL Highlights**
- 3.00 **EFL Greatest Games**
- 4.00 **to 6.00** AM **Big Bash League**

TNT Sports 3

413 415 523 410 432

- 6.00 AM **LIVE Ski Jumping** Coverage from Sapporo, Japan.
- 8.00 **LIVE Ski Jumping** In China.
- 9.30 **LIVE Alpine Skiing** In Tarvisio.
- 11.30 **LIVE Alpine Skiing** Coverage of the men's downhill from Wengen.
- 1.30 PM **LIVE Biathlon** In Germany.
- 2.45 **TNT Sports Reload**
- 3.00 **Training Day** MLB insight.
- 3.15 **LIVE Luge** From Oberhof.
- 3.45 **Skiing Highlights**
- 5.45 **European Football**
- 6.30 **Inside Serie A** Mid-season recap.
- 7.30 **LIVE Serie A Cagliari v Juventus.** The Italian top-flight match staged at Unipol Domus. Kick-off is at **7.45pm**.
- 9.45 **Playing for Our Future**
- 10.00 **One-Day International Cricket**
- 11.00 **The Breakdown** World Cup.
- 11.30 **AO Originals** Tennis insight.
- 12.30 **to 6.00** AM **LIVE Australian Open** Day one of the opening Grand Slam at Melbourne Park.

TNT Sports 4

414 416 524 411 434

- 6.00 AM **LIVE Isuzu UTE A-League Western Sydney Wanderers v Newcastle Jets.** Kick-off **6.00am**.
- 8.00 **Adobe Women's FA Cup**
- 9.00 **LIVE Bobsleigh** In Altenberg.
- 10.00 **Training Day** Highlights.
- 10.30 **LIVE Bobsleigh** In Altenberg.
- 11.30 **Kenny Allstar's Number 1's**
- 12.00 NOON **The Monuments**
- 1.00 PM **LIVE Bobsleigh** Altenberg.
- 2.00 **The Monuments**
- 2.30 **LIVE Bobsleigh** In Altenberg.
- 3.30 **LIVE Cross Country Skiing** From Oberhof in Germany.
- 5.00 **One-Day International Cricket**
- 6.00 **Isuzu UTE A-League**
- 9.00 **Dakar Rally Saudi Arabia**
- 10.00 **The WRC Magazine**
- 10.30 **UEFA Champions League**
- 11.00 **Adobe Women's FA Cup**
- 12.00 M'T **PL: Big Interview**
- 12.30 **to 6.00** AM **LIVE Australian Open** Day one of the opening Grand Slam at Melbourne Park.

Premier Sports 1

419 551

- 6.00 AM **Sporting Greats**
- 7.00 **Scottish Cup Football**
- 9.00 **Sporting Greats**
- 9.30 **Champions Cup**
- 12.30 PM **LIVE Champions Cup Sharks v Clermont Auvergne.** Pool One action. Kick-off **1.00pm**.
- 3.00 **LIVE Champions Cup Stormers v Leicester Tigers.** Pool Four action. Kick-off **3.15pm**.
- 5.15 **LIVE Champions Cup Munster v Castres.** The Pool Two match. Kick-off **5.30pm**.
- 7.45 **LIVE Scottish Cup Football Hearts v Falkirk.** The fourth-round tie. Kick-off **8.00pm**.
- 10.30 **Sporting Greats**
- 11.30 **LaLiga** Real Madrid v Levante.
- 1.30 AM **Temples of Sport**
- 2.00 **NHL Tonight**
- 3.00 **to 6.00** AM **LIVE NHL Ice Hockey** Vancouver Canucks v Edmonton Oilers. Face-off **3.00am**.

Premier Sports 2

420 552

- 6.00 AM **Swedish Hockey League**
- 8.00 **NHL Ice Hockey**
- 10.00 **Football's Greatest**
- 10.30 **LaLiga Specials**
- 10.45 **Champions Cup** Pau v Bulls.
- 12.45 PM **LIVE Challenge Cup Ulster v Stade Francais.** Pool Three action. Kick-off **1.00pm**.
- 3.00 **LIVE Champions Cup Bayonne v Leinster.** The Pool Three match. Kick-off **3.15pm**.
- 5.15 **LIVE Champions Cup Toulouse v Sale.** The Pool One match. Kick-off is at **5.30pm**.
- 7.45 **LIVE Champions Cup Gloucester v Toulon.** The Pool Two match. Kick-off **8.00pm**.
- 10.30 **Bike World** Magazine.
- 11.00 **NHL Ice Hockey**
- 12.00 M'T **LIVE NHL Ice Hockey Washington Capitals v Florida Panthers.** Face-off **12.00m't**.
- 3.00 AM **NHL: This is Hockey**
- 3.30 **Temples of Sport**
- 4.00 **to 6.00** AM **Champions Cup**

Sky Sports F1

407 407 516 506 424 444

- 6.00 AM **The Best of F1 2025**
- 7.00 **F1 Explained**
- 8.00 **Formula 1** Season highlights.
- 2.50 PM **Formula 1** A chance to see the 2025 Miami Grand Prix at Miami International Autodrome.
- 5.05 **Formula 1** The 2025 Monaco Grand Prix at Circuit de Monaco.
- 7.30 **Formula 1** A replay of the 2025 Spanish Grand Prix staged at Circuit de Barcelona-Catalunya.
- 9.45 **Formula 1** The 2025 Austrian Grand Prix, the 11th round of the season staged at Red Bull Ring.
- 12.00 M'T **F1 Explained**
- 1.00 **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sunday

18 January

Evening Planner

Comedy

Georgie & Mandy's First Marriage

TLC, 8pm & 8.30pm

Young Sheldon spin-off focussing on Sheldon's older, less academic, brother.

Crime Drama

After the Flood

ITV1, 9pm (box set, ITVX)

Detective Jo Marshall (Sophie Rundle) dives straight into a murder case on her return to work after having her baby.

Documentary

Four Kings

C4, 10pm & 11pm (box set, C4 Streaming)

Series charting the careers of four British boxers: Frank Bruno, Lennox Lewis, Chris Eubank (above) and Nigel Benn.

OnDemand

prime

Memphis Grizzlies v Orlando Magic

Tip-off 5pm

NBA returns to the UK with this regular season clash at London's O2.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Antiques Roadshow		8.00 Call the Midwife		9.00 The Night Manager		10.00 News	10.30 Match of... †
	102 BBC2	7.00 Snooker: The Masters – Live: The concluding session the final						10.00 Film: Schindler's List	
	103 ITV1	‹ 6.55 The Floor		8.00 Ant & Dec's Limitless Win		9.00 After the Flood		10.15 Film: The Taking of Pelham...	
	104 CHANNEL 4	‹ 6.45 Inside the World's Most...	7.45 The Great Pottery Throw Down			9.00 Celebrity SAS: Who Dares Wins		10.00 Four Kings	
	105 5	‹ 5.25 Michael...	7.30 NFL Playoffs – Live: The third Divisional play-off match						
	106 SKY SHOWCASE	7.00 David Attenborough's Conquest of the...		8.00 A League of Their Own: Mexican...		9.00 Evil			
ENTERTAINMENT	115 BBC3	7.00 EastEnders				9.00 The Traitors			
	116 BBC4	7.00 The Lake District: A Wild Year		8.00 Wainwright: The Man Who Loved the...		9.00 The Fairytale Castles of King Ludwig II with Dan...		10.15 Hedda Gabler	
	118 ITV2	‹ 6.10 Film: Batman v Superman: Dawn of Justice				9.00 Love Island: All Stars		10.05 Olivia Attwood: Getting Filthy Rich	
	136 MORE4	‹ 6.50 Four in a Bed	7.55 The Dog House			9.00 999: On the Front Line		10.00 24 Hours in A&E	
	135 E4	‹ 6.30 Football: AFCON – Live: The final (Kick-off 7.00)					9.15 The Inbetweeners		
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Law & Order: Criminal Intent		10.00 Doc	
	108 SKY ATLANTIC	‹ 6.50 Game of Thrones							
	110 U&GOLD	7.05 The Vicar of Dibley				9.00 Only Fools and Horses			
	111 U&DAVE	‹ 6.40 Mortimer & Whitehouse: Gone...		8.00 Guy Martin: Proper Jobs		9.00 Have I Got a Bit More News for You		10.00 QI	10.40 Mock...
	119 ITV3	‹ 6.00 Agatha Christie's Marple		8.00 Midsomer Murders			9.55 Vera		
	120 ITV4	‹ 6.55 Film: 633 Squadron				9.00 Film: Rambo III			
	112 COMEDY CENTRAL	‹ 6.55 Film: 3 Men and a Little Lady				9.00 Film: The Waterboy			
	152 SKY SCI-FI	7.00 Star Trek: Deep Space Nine							
	113 SKY MAX	7.00 Fear the Walking Dead				9.00 Evil			
	109 U&ALIBI	7.00 Murdoch Mysteries		8.00 Return to Paradise			9.20 Death in Paradise		10.40 Father...
	124 SKY ARTS		7.15 Film: Sparkling Cyanide			9.00 Film: For a Few Dollars More			
	132 U&W	7.00 Inside the Ambulance				9.00 Inside the Operating Theatre			
DOCUMENTARY	125 DISCOVERY	7.00 Moonshiners: Master Distiller						10.00 Mud Madness	
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Treetop Cat Rescue		9.00 Alaskan Bush People: Book of Billy		10.00 Tanked	
	129 NAT GEO	7.00 Lost Treasures of Rome		8.00 Egypt's Sun King: Secrets and Treasures		9.00 King Tut In Colour		10.00 Lost Tombs of the Pyramids	
	123 SKY HISTORY	7.00 WWII's Most Daring Raids				9.00 Auschwitz – Countdown to Liberation			
	155 U&YESTERDAY	7.00 Frozen Planet		8.00 Incredible Journeys with Simon Reeve		9.00 Flipping Bangers		10.00 Bangers & Cash	
	121 SKY DOCS		7.10 I Am Patrick Swayze			9.00 Gary			
FILMS – Sky Cinema	301 PREMIERE	‹ 6.30 Smurfs		8.00 The Ballad of Wallis Island				9.50 28 Years Later	
	302 FEEL GOOD	‹ 6.05 Groundhog Day		8.00 Mamma Mia! Here We Go Again				10.00 Yesterday	
	303 TRANSFORMERS	‹ 6.35 Transformers				9.00 Transformers: Revenge of the Fallen			
	304 GREATS	‹ 6.25 Big Daddy		8.00 Beverly Hills Cop				9.50 Beverly Hills Cop II	
	305 ANIMATION	‹ 5.40 Lego Ninjago...	7.35 Sneaks			9.10 The Adventures of Tintin: The Secret of the Unicorn			
	306 FAMILY	‹ 6.00 Teenage Mutant Ninja Turtles	7.55 Babe				9.40 Teenage Mutant Ninja Turtles: Out of the Shadows		
	307 ACTION	‹ 6.00 The Beekeeper		8.00 Man of Steel				10.25 The Amazing...	
	308 COMEDY	‹ 6.10 Click		8.00 Bridget Jones: Mad About the Boy				10.05 The 40-Year-Old Virgin	
	309 THRILLER	‹ 5.55 Collateral		8.00 The Bourne Legacy				10.20 Split	
	310 DRAMA	‹ 6.00 Little Women		8.00 P.S. I Love You				10.15 About Time	
	311 SCI-FI	‹ 5.30 The Matrix: Resurrections		8.00 Ready Player One				10.25 I.S.S	
	313 FILM4	‹ 6.45 Jumanji: Welcome to the Jungle				9.00 Mission: Impossible – Rogue Nation			
SPORT	401 MAIN EVENT	‹ 4.00 Super...	7.30 NFL – Live: Coverage of the third Divisional play-off match						
	402 PREMIER LEAGUE	‹ 4.00 Super...	7.30 Transfer 360	8.00 PL Highlights	8.30 Big Interview	9.00 PL Stories	9.30 Transfer 360	10.00 Premier League Highlights	
	403 FOOTBALL	7.00 EFL Goals		8.00 EFL Highlights					10.30 EFL Goals
	405 CRICKET	7.00 SA20		8.00 Big Bash League		9.00 SA20		10.00 Big Bash League	
	410 TNT SPORTS 1	‹ 6.30 Serie A	7.30 Serie A – Live: AC Milan v Lecce (Kick-off 7.45)				9.45 Inside Serie A		
	411 TNT SPORTS 2	‹ 6.45 Snooker Masters – Live: Coverage of the second session from this year's final from Alexandra Palace in London						10.00 Roll The Tape	

‹ Denotes programmes starting before 7.00pm † Regions vary

SUNDAY

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BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
7.30 **Match of the Day** (S)(R)
9.00 **Sunday with Laura Kuenssberg**
10.00 **Politics England** (S)
10.30 **Sunday Morning** New edition (S)
11.30 **Homes Under the Hammer** (S)(R)
12.30 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.15 **Songs of Praise** New edition (S)
1.50 **Money for Nothing** (S)(R)
2.15 **FILM Trolls World Tour** Animated adventure with the voices of Anna Kendrick and Justin Timberlake. (S)(AD) (2020, U, 80min) ★★★
3.35 **Gladiators** 1/11. Hosted by Bradley and Barney Walsh. (S)(R)(AD)
4.35 **Asia** 1/7. David Attenborough explores the wildlife of the world's largest continent. (S)(R)(AD)
5.35 **BBC News** (S)
5.50 **Local News** (S)

9.00 The Night Manager

6 PM

6.00 Countryfile New edition Charlotte Smith and Adam Henson meet communities working to protect Devon's Exe Estuary. Plus, Charlotte investigates domestic abuse in rural communities. (S)

7 PM

7.00 Antiques Roadshow Fiona Bruce hosts from Cromford Mills in Derbyshire, where experts dig up a garden gnome, a 100-year-old bar of chocolate, and a plate with a design by Picasso. (S)(R)

8 PM

8.00 Call the Midwife New episode 2/8. A new medical technique threatens to change the face of obstetrics forever, whilst a potential rabies outbreak has Poplar in a state of fear. (S15) (S)(AD)

9 PM

9.00 The Night Manager New episode 4/6. Pine has the proof he needs to expose the British-backed overthrow of the Colombian government. (S2) (S)(AD)

10 PM

10.00 BBC News (S)
10.25 Local News (S)
10.30 Match of the Day Highlights of the latest Premier League matches, featuring Wolverhampton Wanderers v Newcastle United and Aston Villa v Everton. (S)
11.30 The Graham Norton Show The host is joined by actors Martin Freeman and Erin Doherty. Plus, music from Olivia Dean. (S)(R)
12.20 AM **Would I Lie to You?** With guest panellists Meera Syal, Henning Wehn, Gary Wilmot and Martine McCutcheon. (S)(R)
12.50 **Weather for the Week Ahead** Seven-day forecast. (S)
12.55 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.05 AM **Take a Hike** (S)(R)
6.35 **Countryfile** (S)(R)
7.30 **Breakfast** (S)
9.00 **NEW SERIES My Kind of Town** 1/6. Presenter Ian Hamilton visits Girvan in South Ayrshire. (S)
9.30 **Saturday Kitchen Best Bites** New edition With Robson Green. (S)
11.00 **Figure Skating: European Championships Highlights** Action from Utilita Arena Sheffield. (S)
1.00 PM **LIVE Snooker: The Masters** Hazel Irvine presents coverage of the opening session of the final from Alexandra Palace in London. *Coverage continues at 7.00pm.* (S)
5.15 **Ski Sunday** Ed Leigh and Chemmy Alcott present all the news and action from the piste, including the latest World Cup events and reports on British competitors. (S)

10.00 Schindler's List

6 PM

6.15 Chris McCausland: Seeing Into the Future The comedian visits Silicon Valley in California and Boston's MIT to find out about cutting-edge technology that could transform his life. (S)(R)(AD)

7 PM

7.00 LIVE Snooker: The Masters Hazel Irvine presents coverage of the concluding session of the final from Alexandra Palace in London, played over the best of 19 frames. Last year's winner Shaun Murphy claimed his second ever title at this tournament and his first win here since 2015. Ronnie O'Sullivan holds the record for winning this event eight times, while also finishing runner-up on six occasions. Commentary and analysis from Steve Davis, Ken Doherty, Stephen Hendry, John Parrott and John Virgo. (S)

9 PM

10 PM

10.00 FILM Schindler's List Steven Spielberg's epic Oscar-winning historical drama starring Liam Neeson, Ben Kingsley and Ralph Fiennes. An Austro-German businessman wheels and deals with the Nazis to save the lives of over 1,000 Jews. (S)(AD) (1993, 15, 185min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
1.05 AM **Sign Zone: Waterloo Road** 4/8. Shola notices an unexpected change in Portia. (S17) (S)(R)(AD)
2.05 **Sign Zone: Industry** 1/8. Yasmin and Whitney devise a plan to get closer to the new Labour government. (S4) (S)(R)(AD)
3.00 **Sign Zone: The Traitors** (S)(R)(AD)
4.05 **to 6.15** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **James Martin's Saturday Morning** James cooks for Kelvin and Liz Fletcher. (S)(R)
8.25 **Jimmy & Shivi's Farmhouse Breakfast** New edition (S)
9.25 **ITV News** (S)
9.30 **Love Your Weekend with Alan Titchmarsh** New edition (S)
11.30 **Tour de Fred: Ireland – Part Deux** New edition From Cork. (S)
12.30 PM **Talking Royals** New edition (S)
1.00 **ITV News** (S)
1.05 **Prue Leith's Cotswold Kitchen** With guest Raymond Blanc. (S)(R)
2.10 **FILM Big** Age-reversal comedy starring Tom Hanks. (S)(AD) (1988, PG, 120min) ★★★★★
4.10 **Millionaire Hot Seat** Quiz. (S)(R)
4.40 **ITV News** (S)
4.50 **Local News** (S)
5.00 **Wheel of Fortune** (S)(R)(AD)

8.00 Ant & Dec's Limitless Win

6 PM

6.00 The 1% Club Quiz show hosted by Lee Mack in which the questions are about logic and common sense, with 100 contestants having a chance of winning up to £100,000. (S)(R)(AD)

7 PM

6.55 The Floor New edition There are 65 contestants still standing and host Rob Brydon turns up the pressure as players fight for more squares and a £5,000 Floor bonus. (S)(AD)

8 PM

8.00 Ant & Dec's Limitless Win New edition Married couple Kevin and Efe are taking on the Limitless Ladder with the goals of funding a family trip to Nigeria and fast-tracking a restaurant start-up. (S)(AD)

9 PM

9.00 NEW SERIES After the Flood 1/6. Return of the mystery thriller. Jo investigates a case in which an unconscious man was found in a burning pile of waste. *See feature, page 8.* (S2) (S)(AD)
■ Continues tomorrow

10 PM

10.00 ITV News (S)
10.15 FILM The Taking of Pelham 123 Action thriller remake starring Denzel Washington and John Travolta. Four ruthless gunmen hijack a New York subway train, leading to a battle of wits between the gang's leader and a train dispatcher. (S)(AD) (2009, 15, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.00 M'T **Teleshopping**
3.00 AM **The Hunting Wives** 5/8. Drama. (S1) (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Prue Leith's Cotswold Kitchen** (S)(SL)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

5.55 AM **The King of Queens** (S)(R)
7.35 **Everybody Loves Raymond** (S)(R)
9.00 **Frasier** 1&2/24. (S9) (S)(R)(AD)
10.00 **Sunday Brunch** New edition With guests Amber Davies, David Baddiel, Natasha Hamilton, Jason Williamson and Josh Widdicombe. Plus, live music from Omar. (S)
1.00 PM **The Simpsons** (S)(R)(AD)
1.30 **LIVE Football: Women's FA Cup** Arsenal v Aston Villa: The fourth-round tie at Mangata Developments Stadium, Meadow Park. Kick-off is at 2.00. (S)
4.15 **A Place in the Sun** Laura Hamilton helps sailing enthusiasts find a holiday home on the Balearic island of Majorca. (S)(R)
5.15 **Location, Location, Location** Kirstie and Phil are reunited with previous house-hunters. (S)(R)

7.45 The Great Pottery Throw Down

6 PM

6.15 News (S)
6.45 Inside the World's Most Luxurious Escapes New edition A look at the world's most exclusive holiday destinations, from a private villa on Saint Lucia, to a retreat in Lapland so exclusive that guests have to be personally invited by the owner. (S)(AD)

7 PM

7.45 The Great Pottery Throw Down New edition 3/10. Siobhán McSweeney hosts the third round of the pottery challenge. The 10 remaining potters attempt to make a puzzle jug and face a surprise blindfolded second challenge. With judges Keith Brymer Jones and Rich Miller. (S)(AD)

8 PM

9 PM

9.00 Celebrity SAS: Who Dares Wins New edition After an unsettled night, one recruit's mental battle begins to creak under the pressure. (S)(AD)
■ Continues tomorrow

10 PM

10.00 NEW SERIES Four Kings 1/4. Documentary charting the careers of four notable British boxers. *Previously shown on Prime Video.* (S)(AD)
11.00 **Four Kings** New edition (S)(AD)
12.00 M'T **8 Out of 10 Cats Does Countdown** With Judi Love. (S)(R)
1.00 AM **Ramsay's Kitchen Nightmares USA** (S)(SL)(R)
1.50 **The Simpsons** (S)(R)(AD)
2.15 **FILM The Eyes of Tammy Faye** Drama starring Jessica Chastain. (S)(AD) (2021, 12, 125min) ★★★
4.20 **Food Unwrapped's Nordic Adventure** (S)(R)(AD)
4.50 **Couples Come Dine with Me** (R)
5.45 **to 6.25** AM **Countdown** (S)(R)

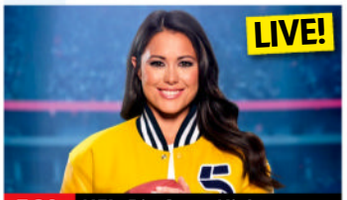
+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.00 **Entertainment News** (S)
9.10 **Bargain-Loving Brits in the Sun** Documentary. (S)(R)
10.05 **Ibiza: Jewel of the Med** (S)(R)
11.05 **Crete: Jewel of the Med** (S)(R)
12.00 NOON **The Canary Islands with Jane McDonald** (S)(R)
1.55 PM **Coastal Adventures with Helen, Jules & JB** Exploring the shorelines of Cumbria and Aberdeenshire. (S)(R)(AD)
2.55 JB Gill joins the Skegness Pier Angling Club. (S)(R)(AD)
3.55 **Ben Fogle's Lost Worlds** Ben heads to Cyprus to spend a week with the UN's Peacekeeping Force. (S)(R)
5.25 **Michael McIntyre: 25 Years of Laughs** A look at the life and career of the comedian. (S)(R)



7.30 NFL: Big Game Night

Michael McIntyre: 25 Years of Laughs
(started at 5.25pm)

7.25 **News** (S)
7.30 **LIVE NFL: Big Game Night** Dermot O'Leary, Sam Quek, and Osi Umenyiora present coverage of the third Divisional play-off match, as two teams compete for a place in the Conference Championships. Philadelphia Eagles beat Los Angeles Rams 28-22 at this stage last season, scoring all but three of their points in the first and fourth quarters of the game at Lincoln Financial Field that took place during heavy snow. Tonight's coverage will also feature the 'game within a game' quiz element, whenever the NFL game stops in the US. (S)

11.30 **How I Murdered Mum & Dad: The Virginia McCullough Confessions** Virginia McCullough discusses the 2019 murder of her parents. (S)(R)
1.00 AM **PlayOJO Live Casino Show**
3.00 **Rich House, Poor House** (S)(R)
3.50 **Save Money on Your Supermarket Shop** (S)(R)
4.40 **The Highland Vet** (S)(SL)(R)
5.30 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Stop, Search, Seize** (S)(R)
9.00 **The Office (US)** (S9) (S)(R)
11.00 **The Simpsons** Six episodes of the comedy, including at: **1.30** PM *Simpson and Delilah:* Homer discovers a powerful hair-restorative. (S)(R)
2.00 **FILM The Secret Garden** Drama starring Colin Firth and Dixie Egerickx. When a young girl is sent to live with her uncle after her parents die, she discovers a magical garden. (S)(AD) (2020, PG, 99min) ★★★★
4.00 **Attenborough's Journey** The making of David Attenborough's series *First Life*. (S)(R)(AD)
5.00 **David Attenborough's Conquest of the Skies** 1/3. The naturalist examines creatures capable of flight. (S)(R)(AD)

6.00 Conquest of the Skies

6.00 **David Attenborough's Conquest of the Skies** 2/3. The naturalist looks at creatures that glide, including the harlequin tree frog, and encounters the largest species of bat. (S)(R)(AD)

7.00 **David Attenborough's Conquest of the Skies** 3/3. The broadcaster turns his attention to creatures that dominate today's skies, including vultures, falcons and hummingbirds. (S)(R)(AD)

8.00 **A League of Their Own: Mexican Road Trip** 2/6. Jamie Redknapp, Micah Richards, Mo Gilligan and Jill Scott take part in the Day of the Dead parade. (S)(R)(AD)

9.00 **Evil** *October 31:* 5/13. David and Kristen disagree about an exorcism, while Ben appears on a ghost-hunting show and tries to debunk their supernatural claims. (R)

10.00 **Evil** *Let x = 9:* 6/13. The Catholic Church asks Kristen, David and Ben to assess the veracity of a prophetess, while Kristen's mother and Leland begin a relationship. (S1) (R)

11.00 **Saturday Night Live** *Stranger Things* star Finn Wolfhard hosts, with guest A$AP Rocky. (R)
12.30 AM **Karl Pilkington: The Moaning of Life** 1/6. Karl heads to America to consider the point of art. (S)(R)(AD)
1.30 **The Force: Manchester** (S)(R)
2.30 **Brit Cops: Rapid Response** (R)
3.30 **to 6.00** AM **Nothing to Declare** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
10.00-10.30am The Sunday Show (S) **2.15pm** LIVE Sportscene: Scottish Cup (S) **5.05-5.35** Celebrity Escape to the Country (S)(R) **10.30** Sportscene: Scottish Cup Highlights (S) **11.15** Match of the Day (S) **12.15am** The Graham Norton Show (S)(R) **1.05** Weather for the Week Ahead (S) **1.10-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.00-10.30am Sunday Politics Northern Ireland (S)

WALES
Sky 965, Virgin 864, Freesat 965
10.00-10.30am Politics Wales (S) **4.35pm** Back in the Day (S)(R) **5.05-5.35pm** Bear Grylls: Wild Reckoning New edition (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
6.15pm Best of Weatherman Walking (S)(R) **6.30-7.00pm** SOS: Extreme Rescues (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **9.00** Tywysogion **10.00** Cynefin **11.00** Sain Ffagan **11.30** Dechrau Canu Dechrau Canmol **12.00noon** Pobl Harri Parri (AD) **12.30pm** Cartrefi Cymru **1.00** Y Deis **1.30** Y Fets (AD) **2.00** Dim Cwsg i Quinnell (AD) **2.30** Cymru Wyllt **3.30** Cyfrinachau'r Great Escape **4.30** Cyfrinachau'r Great Escape **5.35** Ffermio **6.10** Pobol y Cwm Omnibws (AD) **7.15** Newyddion a Chwaraeon **7.30** Dechrau Canu Dechrau Canmol New edition **8.00** Priodas Pum Mil New edition **9.00** Dal y Mellt New episode (AD) **10.05-11.50pm** Clwb Rygbi

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** Ravi comes to a shocking realisation. **7.30** Oscar and Lauren plan a memorial, while Penny is concerned for a friend. **8.00** Nicola gets a nasty surprise, and Gina gives romantic advice to Penny. **8.30** The Brannings gather to remember Abi.
9.00 **The Traitors** 7/12. The latest challenge forces the players to put their trust into one another.
10.05 **The Traitors** 8/12. Breakfast delivers a wake-up call for the Faithful, with the Traitors making their next dastardly move.
11.05 **The Traitors** 9/12. The Traitors' latest gameplay makes the Faithful more determined than ever to uncover their identity.
12.05 AM **The Traitors: Uncloaked** Triple bill.
1.35 **The Beauty Queen and the Catfish** Documentary.
2.20 **Top Gear: India Special**
3.50 **to 4.00** AM **Press X on the BBC**

MORE4

136/137 127 147 18 124 15

8.55 AM **Food Unwrapped**
9.30 **Come Dine with Me**
12.05 PM **A Place in the Sun**
3.05 **George Clarke's Beautiful Builds**
4.10 **George Clarke's Remarkable Renovations**
5.15 **Four in a Bed** The competition kicks off at the Art Bank in Dalbeattie. **5.45** The second visit is to the Tithe Barn Hotel in Cockermouth, Cumbria. **6.20** The third visit is to The Sanderling in Morecambe.
6.50 **Four in a Bed** The week's final visit is to the Curious Fox in Skipton, North Yorkshire. **7.25** Payment Day arrives.
7.55 **The Dog House** Border collie Patch displays an impressive array of tricks in his bid to find a new owner.
9.00 **999: On the Front Line** An 89-year-old woman in Coventry refuses to go to hospital, and a 93-year-old war veteran urgently needs medical attention for sepsis.
10.00 **24 Hours in A&E** A woman with lung cancer is rushed to St George's with suspected sepsis, while a man is brought into resus after falling off a roof.
11.05 **24 Hours in A&E**
12.05 AM **999: On the Front Line** Documentary.
1.10 **24 Hours in A&E**
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 347 125

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **The Lake District: A Wild Year** Twelve months in the life of England's largest national park.
8.00 **Wainwright: The Man Who Loved the Lakes** A profile of writer and artist Alfred Wainwright.
9.00 **The Fairytale Castles of King Ludwig II with Dan Cruickshank** Exploring the aesthetic styles associated with Ludwig II of Bavaria.
10.00 **NEW Richard Eyre Remembers... Ibsen** The theatre director discusses playwright Henrik Ibsen.
10.15 **Hedda Gabler** Adaptation of Henrik Ibsen's play, starring Ingrid Bergman and Michael Redgrave. A married woman hears her old lover is back in town and decides to destroy his life, jealous of his love affair with another.
11.30 **Certainties and Doubts** The life of Henrik Ibsen.
1.15 AM **Firestarter: The Story of Bangarra**
2.15 **to 3.15** AM **The Lake District: A Wild Year**

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks Omnibus**
6.45 **Rude(ish) Tube Shorts**
7.05 **Modern Family**
10.00 **Don't Tell the Bride**
12.00 NOON **Ramsay's Kitchen Nightmares USA**
3.00 PM **The Simpsons**
5.30 **The Simpsons** New episodes *Treehouse of Horror Presents: Simpsons Wicked This Way Comes.* **6.00** *Convenience Airways:* The Simpsons are trapped on a flight with America's most unruly passengers.
6.30 **LIVE Football: AFCON** All the action from the final, held at Prince Moulay Abdellah Stadium in Rabat, Morocco. Kick-off is at 7.00.
9.15 **The Inbetweeners** 5/6. Will helps co-ordinate the school's Duke of Edinburgh award scheme. **9.50** 6/6. The friends prepare for their exams. (S2) **10.25** 1/6. Carli organises a fashion show, and Will attempts to shake off his embarrassing reputation. **10.55** 2/6. Simon tries to impress a girl. (S3)
11.30 **FILM Salt** Action thriller starring Angelina Jolie. (2010, 12, 99min) ★★★
1.35 AM **Gogglebox**
2.35 **Naked Attraction**
3.40 **Don't Tell the Bride**
4.35 **The Goldbergs**
4.55 **to 6.00** AM **Hollyoaks Omnibus**

+1 hr 235/236 306 30 123 256

Sunday primetime

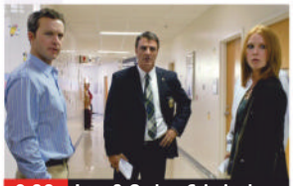
SUNDAY Entertainment

Sunday

Sky Witness

107 107 110 341 356

6.00 AM **Caught Red Handed**
8.00 **Border Security USA**
9.00 **Stop, Search, Seize**
10.00 **Border Patrol**
12.00 NOON **UK Border Force**
1.00 PM **Customs UK** A passenger at Bristol Airport is caught smuggling cigarettes.
1.30 Customs officers at Bristol catch passengers carrying 87kg of tobacco.
2.00 **Nothing to Declare** Ten editions of the documentary series following the work of customs officers in Australia.


9.00 Law & Order: Criminal...

7 PM
7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 Caught on Dashcam Road disasters captured on video by drivers' dashboard cameras.

9 PM
9.00 Law & Order: Criminal Intent *Seeds:* 2/22. Logan and Falacci investigate the murder of an obstetrician. (S7)

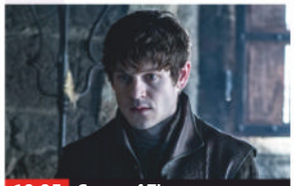
10 PM
10.00 Doc *He Loved You:* 8/22. Amy's examination triggers memories of Danny, causing her to overexert herself. (S2)
11.00 **Fire Country** 1/22. (S1)
12.00 M'T **Law & Order: Criminal Intent** 21/22. (S6)
1.00 AM **Law & Order: Special Victims Unit** 2/22. (S26)
2.00 **Road Wars**
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **Game of Thrones** (S4)
2.30 PM **Game of Thrones** 4/10. Ellaria and the Sand Snakes vow vengeance.
3.35 5/10. Jon enlists the help of an unexpected ally.
4.40 6/10. Jorah and Tyrion run into slavers and the Sand Snakes mount an attack.
5.45 7/10. Jaime attempts to reconnect with his family.
6.50 8/10. Arya makes progress in her training. (S5)


10.05 Game of Thrones

7.55 Game of Thrones *The Dance of Dragons:* 9/10. In Braavos, Arya runs into a familiar face, while in Meereen, Daenerys hosts a traditional Meereenese celebration of athleticism.

9.00 Game of Thrones *Mother's Mercy:* 10/10. Cersei finds herself seeking forgiveness in King's Landing. (S5)

10.05 Game of Thrones *The Red Woman:* 1/10. The fate of Jon is revealed, and the Sand Snakes make their move. (S6)
11.00 **Game of Thrones** (S6)
3.00 AM NEW SERIES **A Knight of the Seven Kingdoms** 1/6. Fantasy prequel to *Game of Thrones*, starring Peter Claffey. *See feature, page 6.* (S1)
3.55 **Game of Thrones** 6/10. (S6)
5.00 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Highway Patrol**
8.00 **Hawaii Five-0** 6-8/25. (S9)
11.00 **Stargate Universe** Five episodes, including at:
2.00 PM 9/20. Camille and Scott visit loved ones on Earth.
3.00 10/20. Colonel Young is suspected of murder. (S1)
4.00 **Fear the Walking Dead** 6/15. Conflict arises as the boat approaches its destination.
5.00 7/15. The family face their biggest test to date.
6.00 8/15. A dark piece of Nick's past is uncovered. (S2)

10.00 Evil

7.00 Fear the Walking Dead *Los Muertos:* 9/15. Nick is recruited for a perilous assignment.

8.00 Fear the Walking Dead *Do Not Disturb:* 10/15. Travis struggles to connect with Chris while searching for shelter. (S2)

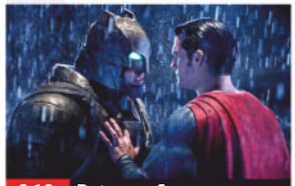
9.00 Evil *October 31:* 5/13. Ben appears on a ghost-hunting show and tries to debunk their supernatural claims.

10.00 Evil *Let x = 9:* 6/13. The Catholic Church asks Kristen, David and Ben to assess the veracity of a local prophetess. (S1)
11.00 **Rob & Romesh vs Team GB: Winter Special** Part one of two. The comedians try their hands at winter sports, with help from Eddie 'the Eagle' Edwards and Eve Muirhead.
12.00 M'T **The Force: Manchester**
2.00 AM **Brit Cops: Rapid Response** Double bill.
4.00 **to 6.00** AM **Sun, Sea and A&E**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Buying the View**
7.55 **Dress to Impress**
8.55 **The Only Way Is Essex**
10.55 **Deal or No Deal**
12.50 PM **Wheel of Fortune**
1.55 **The Masked Singer**
3.25 **Celebrity Catchphrase**
4.25 FILM **The Secret Life of Pets 2** Animated sequel with the voice of Patton Oswalt. Max the terrier encounters hostile foxes and a scary turkey when he visits the countryside. (2019, U, 86min) ★★★


6.10 Batman v Superman

6.10 FILM Batman v Superman: Dawn of Justice Adventure starring Ben Affleck. The two superheroes' mutual distrust leads them into a battle to the death manipulated by an evil billionaire. (2016, 12, 164min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Love Island: All Stars New edition Former Islanders get another shot at finding the one.

10.05 NEW SERIES Olivia Attwood: Getting Filthy Rich 1/6. Olivia meets celebrities who have joined OnlyFans.
11.05 **Family Guy** 1/20. Peter tries to win an Emmy. (S16)
11.35 4/18. (S13)
12.05 AM **American Dad!** (S13)
1.05 **Piglets** 1/6. (S2)
1.35 **Transaction** 3/6. (S1)
2.05 **Count Abdulla** (S1)
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Inspector Morse**
10.25 FILM **Carry On Henry** Comedy. (1971, PG, 89min) ★★
12.05 PM **Agatha Christie's Marple**
2.05 **Rosemary & Thyme** *Agua Cadaver:* The duo are invited to create a garden in Malaga.
3.05 *Three Legs Good:* A body is found in Regent's Park.
4.05 **McDonald & Dodds** 1/3. Five friends take a hot-air balloon trip, but only four survive. (S2)
6.00 **Agatha Christie's Marple** *Murder Is Easy:* A murderer strikes in a peaceful village.

4.05 McDonald & Dodds

Agatha Christie's Marple (started at 6.00pm)

8.00 Midsomer Murders *Blue Herrings:* A nursing-home resident who is found dead is believed to have had a heart attack – but Barnaby soon comes to suspect members of staff may have conspired to commit murder.
9.55 Vera *Muddy Waters:* When a body is dredged up from a slurry pit on a remote farm, Vera investigates links between the victim and a wounded illegal immigrant.
11.50 **Red Eye** 5/6. Jess is taken for questioning by MI5 operatives as Nolan has a realisation after the call with her.
12.50 AM 6/6. Events at the conference centre are seen from a new perspective. (S1)
1.50 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

10.00 AM **The Sunday Show**
10.30 **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **Who Lives in Scotland?** 2/2. Martin Geissler looks at the declining birth rate in Scotland.
8.15 **The Repair Shop on the Road** Dominic Chinea and Will Kirk tackle a scale model of the Falkirk Wheel.
9.00 **City Lights: Pure Dead Brilliant** A celebration of the comedy that captured the spirit of 1980s Scotland.
10.00 **Still Game** *Recipe:* 6/7. The pensioners help Pete the Jakey. (S6)
10.30 **Scot Squad** 3/5. Fletcher and McLaren uncover a crafty criminal at a murder mystery party. (S7)
11.00 PM **to 12.00** M'T **Greer Ralston: Giving It All to Art** A profile of the figurative artist.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S1)
10.30 **Ballers** 5-8/10. (S2)
12.55 PM **Sex and the City**
4.00 **Community** (S1)
6.15 **The Office (US)** 16/25. Pam has an interview.
7.00 17/25. Oscar attends the funeral of Dwight's Aunt Shirley.
7.30 18/25. The staff get hold of promos for the documentary.
8.00 19/25. Jim and Pam head to marriage counselling.
8.30 20/25. Dwight and Angela compete to build the best paper aeroplane. (S9)
9.00 **Saturday Night Live** New edition Sketch show hosted by *Stranger Things* star Finn Wolfhard.
10.30 **Rose Matafeo: On and On and On** Stand-up.
11.45 **Saturday Night Live**
1.15 AM **And Just Like That...** 9&10/10. (S1)
3.00 **to 5.00** AM **Silicon Valley**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Bregenz: Madama Butterfly**
8.20 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
12.00 NOON **Landscape Artist of the Year**
1.00 PM **Agatha Christie's Pale Horse** Mystery.
3.25 **Cinderella** Musical with Lesley Ann Warren.
5.00 **An American in Paris: The Musical** George and Ira Gershwin's musical, starring Robbie Fairchild.
7.15 **Sparkling Cyanide** Agatha Christie mystery with Anthony Andrews.
9.00 FILM **For a Few Dollars More** Classic Spaghetti Western starring Clint Eastwood. (1965, 15, 128min) ★★★★
11.30 **Ennio: The Maestro**
2.25 AM **Yuja x Hockney at Lightroom London**
3.45 **The Great Songwriters**
4.45 **to 6.00** AM **Classic Albums**

Sky Mix

151 158 135 11 141 23

6.00 AM **Border Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Star Trek: The Next Generation** (S6)
2.00 PM FILM **My Argentine Heart** Romantic comedy starring Julie Gonzalo and Juan Pablo Di Pace. (2025, PG, 84min) ★★
4.00 **Big Beasts: Last of the Giants** Documentary.
5.00 **Land of the Far North**
6.00 **Predators**
7.00 **Caught Red Handed**
9.00 **Rob & Romesh vs Team GB: Part 1**
10.00 **Brassic** *Big Sandy's Funeral:* 2/6. Vinnie and the gang plan a heist at a strip club. (S1)
11.00 **Never Mind the Buzzcocks** With guests Ellie Goulding, Tom Grennan and Yungblud.
11.45 **Caught on Dashcam**
12.45 AM **Killer in My Village**
1.40 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Quiz.
1.00 PM **Lingo** Word-based quiz hosted by Adil Ray.
2.00 **Tenable** Quiz show.
3.00 **In with a Shout** Game show with Joel Dommett.
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Game show hosted by Stephen Mulhern.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Romesh Ranganathan's Parents' Evening** Romesh Ranganathan hosts a festive special as famous faces Josh Widdicombe, Motsi Mabusi, and Larry and George Lamb compete for charity.
10.00 **Tipping Point** Triple bill of the arcade-themed game show hosted by Ben Shephard.
1.00 AM **Tenable** Quiz show.
1.50 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

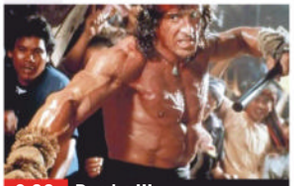
9.00 AM **Four in a Bed**
2.00 PM **Location, Location, Location** In Edinburgh.
3.00 **A Place in the Sun**
4.00 **Kirstie and Phil's Love It or List It** Double bill.
6.00 **A Place in the Sun**
8.00 **Lorraine Kelly's Norwegian Odyssey** 1/3. The presenter travels through Norway.
9.00 **Gogglebox** Opinions on shows including *Britain's Got Talent, One Question* and *Coronation Street*.
10.00 FILM **The Transporter** Action thriller starring Jason Statham, Shu Qi and Matt Schulze. (2002, 15, 88min) ★★★
11.50 **24 Hours in Police Custody: The Secret Network** Documentary.
12.50 AM **Social Media Monsters** Documentary.
1.50 **Celebrity SAS: Who Dares Wins**
3.55 **to 4.50** AM **Inside the World's Most Luxurious Escapes**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **Football Rivalries**
6.15 **Auto Mundial**
6.50 **Motorsport Mundial**
7.20 **Cadfael**
9.00 **English Football League Highlights** Recent action.
10.30 **The Big Match Revisited**
11.30 **Ninja Warrior UK**
12.35 PM **Made in Britain**
1.10 **World of Sport**
1.30 **LIVE Racing** From Windsor, Fakenham and Thurles.
4.00 **Junk & Disorderly**
5.00 **Ice Road Truckers**


9.00 Rambo III

6.55 **FILM 633 Squadron.** World War Two adventure about a daring RAF raid on a German rocket fuel factory on a Norwegian fjord. Stars Cliff Robertson and George Chakiris. (1964, PG, 94min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **FILM Rambo III** Action adventure sequel starring Sylvester Stallone as the fearless warrior on a rescue mission in Russian-occupied Afghanistan. With Richard Crenna and Marc de Jonge. (1987, 18, 101 min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **Startup** New episode 8/10. GenCoin lands a major investor with some sketchy ties. (S1)
12.05 AM **Giant Lobster Hunters**
1.00 **Minder**
1.55 **The Professionals**
2.45 **Unwind with ITV**
3.30 **to 4.00** AM **Auto Mundial**

+1 hour 220 318 118

Sky Sci-Fi

152 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **FILM Treasure Guards** Adventure starring Anna Friel. (2011, PG, 90min) ★★
1.00 PM **Stargate SG-1** Five episodes, including at: **4.00** 15/22. The SG-1 team rescue a stranded child. **5.00** 16/22. Teal'c finds himself on trial for murder. (S1)
6.00 **Star Trek: Deep Space Nine** 2/26. The life of a severely injured crew member hangs in the balance. (S5)

11.00 Treasure Guards

7.00 **Star Trek: Deep Space Nine** *Looking for Par'Mach in All the Wrong Places:* 3/26. Worf falls for a Klingon woman.
8.00 **Star Trek: Deep Space Nine** *Nor the Battle to the Strong:* 4/26. Jake helps a Federation colony under Klingon attack.
9.00 **Star Trek: Deep Space Nine** *The Assignment:* 5/26. Keiko's body is taken over by a hostile force that threatens to kill her.
10.00 **Star Trek: Deep Space Nine** *Trials and Tribble-ations:* 6/26. Guest stars William Shatner. (S5)
11.00 **Grimm** 21/22. Black Claw tightens its grip on Portland. **12.00** M'T 22/22. Black Claw makes a move against Hank that shocks everyone. (S5) **1.00** AM 1/13. Captain Renard claims power as the mayor-elect of Portland. (S6) **2.00** 2&3/13. (S6)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S7)
10.00 **Inspector George Gently**
12.00 NOON **Father Brown**
4.05 PM **Alaska Daily** 3/11. Eileen, Roz and Sylvie travel to Meade to learn more about a suspect and connect with the local police chief. **5.00** 4/11. Eileen and Roz have very different weekends, while Gabriel's reporting leads him somewhere unexpected. (S1)
6.00 **Allegiance** 10/10. Sabrina helps a troubled teen caught in a bloody gang conflict. (S1)

7.00 Murdoch Mysteries

7.00 **Murdoch Mysteries** New episode *Diamonds in the Sand:* 2/21. Inspector Choi is taken hostage at a roadside inn. (S19)
8.00 **Return to Paradise** *Dead Bowl:* 5/6. An afternoon game of lawn bowls turns to chaos when a man is killed on the green in broad daylight. (S1)
9.20 **Death in Paradise** *Rue Morgue:* 8/8. Humphrey is called in to investigate the suspected suicide of a former surgeon at a retirement home. (S3)
10.40 **Father Brown** *The Winds of Change:* A murderer uses a model village to plan their attacks.
11.40 **Father Brown** *The Wheels of Wrath:* Rock 'n' roll hits the village of Kembleford when the arrival of a group of bikers causes outrage and excitement in equal measure.
12.40 AM **Murdoch Mysteries**
3.15 **to 4.00** AM **Alaska Daily**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.30 AM **Only Fools and Horses**
12.40 PM **Only Fools and Horses** A millionaire offers Del a partnership in his business empire Down Under.
1.20 **The Vicar of Dibley** Eight episodes, including at: **5.10** The villagers decide to set up a radio station, and Frank makes a startling admission on his show. **5.50** Geraldine appears on Terry Wogan's radio show. **6.30** Alice shocks Geraldine with a pre-wedding revelation.

1.20 The Vicar of Dibley

7.05 **The Vicar of Dibley** Geraldine's hopes of romance are fuelled by a visit from David's handsome brother.
8.00 **The Vicar of Dibley** Alice suggests an unconventional nativity play starring herself and Hugo as Mary and Joseph.
9.00 **Only Fools and Horses** The Trotters help a pregnant German woman. **9.40** A weeping statue in the local church gives Del an idea for a miraculous money-making scheme. **10.20** The Trotters become caught up in an attempted robbery.
10.55 **Only Fools and Horses** Tempers flare as the brothers fall for the same woman. **11.35** Rodney's plans to make a film are spoiled by Del Boy.
12.15 AM **Only Fools and Horses**
12.55 **to 4.00** AM **The Vicar of Dibley**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.25 AM **Gordon's Great Escape**
8.20 **Storage Hunters UK**
8.50 **Mortimer & Whitehouse: Gone Fishing** Double bill.
10.10 **Guy Martin: Proper Jobs**
11.10 **Top Gear** Double bill.
1.10 PM **Storage Hunters UK**
2.40 **Hairy Bikers' Best of British**
4.40 **The Americas with Simon Reeve** Double bill of editions.
6.40 **Mortimer & Whitehouse: Gone Fishing** Paul and Bob fish at Christchurch's Bridge Pool in Dorset, hoping to catch sea trout.

8.00 Guy Martin: Proper Jobs

7.20 **Mortimer & Whitehouse: Gone Fishing** Paul and Bob fish for pike on the River Test in Hampshire.
8.00 **Guy Martin: Proper Jobs** The presenter trains to become a firefighter at a fire station in Grimsby.
9.00 **Have I Got a Bit More News for You** Katherine Parkinson hosts the satirical quiz, with Julian Clary and Jemima Kelly.
10.00 **QI** With Clive Anderson, Phill Jupitus and Rich Hall.
10.40 **Mock the Week** With James Acaster, Tom Allen, Ed Byrne and Tez Ilyas.
11.20 **Mock the Week**
12.00 M'T **Live at the Apollo** Lou Sanders introduces sets by Celya AB and Neil Delamere.
1.00 AM **Have I Got a Bit More News for You** Hosted by Victoria Coren Mitchell.
2.00 **to 4.00** AM **Not Going Out**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Cops** Documentary.
9.20 **Murder, She Wrote**
10.15 **Blue Bloods** (S6)
3.00 PM **NCIS** Seven episodes, including at: **8.00** *Ravenous:* 17/24. The agents investigate when several women go missing and conclude there may be a serial killer at large. **9.00** *Bait:* 18/24. The team are called to a school on a Marine base, where a pupil has taken classmates hostage. (S3)
10.00 **Law & Order: Special Victims Unit** *Making a Rapist:* 2/21. A man who was cleared of rape is drawn into a murder case. (S18)
11.00 **Law & Order: Special Victims Unit** (S18&17)
1.50 AM **Criminal Minds**
2.45 **Law & Order: Criminal Intent** 17/22. (S1)
3.35 **to 4.00** AM **Cops**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Friends** (S9)
10.00 **Rich Kids Go Skint**
1.00 PM **Traffic Cops**
5.00 **Police Interceptors** A pursuit involving 20 cars and two helicopters. **6.00** A driver is pursued through a graveyard. **7.00** A driver attempts to outrun the law. **8.00** A drug dealer gets pulled over.
9.00 **Lip-Reading the Royals: The Secret Conversations** Experts reveal what the royals are saying when they think nobody is listening.
10.35 **A Killer Makes a Call** The investigation of a man who reported his ex partner missing.
12.05 AM **Murdered at First Sight** Documentary.
1.05 **My Lover, My Killer**
2.05 **VC Andrews' Heaven**
3.35 **to 4.00** AM **Car Pound Cops**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.05 **Winter Road Rescue**
9.40 **Trucking Hell**
11.40 **Ice Road Truckers**
1.40 PM **Ice Road Truckers** A warm-up threatens to derail the season. **2.40** Newbie Steph Custance falls victim to severe icing. **3.40** Polar Industries must deliver an oversized load.
4.40 **FILM The Proud Ones** Western adventure. (1956, U, 94min) ★★★
6.45 **FILM Rio Conchos** Western adventure starring Richard Boone. (1964, PG, 107min) ★★
9.00 **FILM The Fugitive** Action thriller starring Harrison Ford. (1993, 15, 128min) ★★★★★
11.40 **World's Deadliest Weather: Caught on Camera** Four editions.
3.35 AM **Trucking Hell**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.15 AM **My Family**
10.00 **Tipping Point**
1.00 PM **The Supervet**
4.00 **The Supervet at Christmas 2018**
5.00 **The Supervet: Noel Fitzpatrick**
6.00 **Pete Wicks: For Dogs' Sake**
7.00 **Inside the Ambulance** Crews treat a drug user with a burst abscess. **8.00** Crews attend an accident at a bus station.
9.00 **Inside the Operating Theatre** A man needs an ultrasound to confirm whether he has cancer. **10.00** A woman needs an operation to stop her persistent nose bleeds.
11.00 **One Born Every Minute**
12.00 M'T **Inside the Ambulance**
12.30 AM **Louis Theroux: Talking to Anorexia**
1.35 **to 3.00** AM **Hungry for It**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.10 AM **The Bill**
12.00 NOON **Call the Midwife**
2.35 PM **Catherine Cookson's A Dinner of Herbs**
5.35 **Last Tango in Halifax**
6.50 **Ladies in Black** New episode *Bikini Wars:* 3/6. A photoshoot brings tensions to the boil between Magda and Mrs Ambrose. (S1)
8.00 **Sister Boniface Mysteries** *Biff! Pow! Zap!* 1/8. Sister Boniface investigates when an actor plummets to her death. (S4)
9.00 **Silent Witness** *In a Lonely Place:* Nikki and Jack examine a body found in a Scottish forest.
11.20 **New Tricks** *Things Can Only Get Better:* The team reopen the case of a political aide's murder.
12.40 AM **Call the Midwife**
2.00 **to 4.00** AM **The Brokenwood Mysteries**

+1hr 243 316 60 260

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys**
8.00 **Train Truckers**
11.00 **Canal Boat Diaries**
2.00 PM **Frozen Planet**
8.00 **Incredible Journeys with Simon Reeve** Simon recalls some of the most dangerous experiences of his travels around the world.
9.00 **Flipping Bangers** Gus and Will want to buy a Scandinavian car and settle on a Saab.
10.00 **Bangers & Cash** Derek picks up a lovingly restored 1925 Calthorpe motorbike. **11.00** Dave collects a stylish Swedish Volvo P1800S from an RAF base in the Midlands. **12.00** M'T It's a first for Derek as he auctions off a two-seater plane.
1.00 **to 3.00** AM **Bangers & Cash**

+1 hour 255 329

SUNDAY Entertainment

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Dorset.
7.00 **Teleshopping**
8.00 **Fantasy Homes by the Sea** Double bill.
10.00 **My Dream Derelict Home in the Sun**
12.00 NOON **My Lottery Dream Home**
3.00 PM **Escape to the Country** Double bill.
5.00 **A Place in the Sun**
9.00 **Long Lost Family** Davina McCall and Nicky Campbell present two stories of people searching for missing relatives who were found much closer than they could ever have imagined. **10.00** A woman's search for the son she gave up against her will.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Great! TV

157 167 170 34 32

8.00 AM **The Waltons**
1.00 PM **The Waltons**
4.00 FILM **The Pure Hell of St Trinian's** Comedy with George Cole and Joyce Grenfell. (1960, b/w, U, 94min) ★★★
6.05 FILM **John Grisham's The Rainmaker** Francis Ford Coppola's legal drama starring Matt Damon, Danny DeVito and Jon Voight. (1997, 15, 135min) ★★★★
9.00 FILM **Before and After** Drama about a family that falls apart when the son becomes the main suspect in a murder investigation. Stars Meryl Streep, Liam Neeson and Edward Furlong. (1996, 12, 108min) ★★
11.20 **Dear John** (S2)
1.20 **Home to Roost**
2.25 **A Fine Romance** (S1)
3.00 **to 4.50** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.00 AM **The High Chaparral**
11.00 FILM **Ambush at Tomahawk Gap** Western with John Derek. (1953, PG, 73min) ★★★
12.35 PM FILM **Bandolero!** Western adventure. (1968, 15, 106min) ★★★
3.00 FILM **The Tall T** Western. (1957, PG, 78min) ★★
4.45 FILM **Decision at Sundown** Western. (1957, PG, 77min) ★★
6.30 FILM **Away All Boats!** Wartime adventure starring Jeff Chandler. (1956, PG, 118min) ★★
9.00 FILM **Red Sparrow** Spy thriller starring Jennifer Lawrence and Joel Edgerton. (2018, 15, 134min) ★★★
12.00 M'T FILM **Son of a Gun** Crime drama starring Brenton Thwaites. (2013, 15, 108min) ★★★
2.20 AM **The Persuaders!**
4.05 **to 5.50** AM **Cops Uncut**

+1 hour 324

Great! Mystery

321 318 425 50 48

7.10 AM **Diagnosis Murder**
8.05 **Diagnosis Murder**
9.05 FILM **Murder, She Baked: A Plum Pudding Mystery** Crime drama. (2015, PG, 85min) ★★
11.00 **Murder, She Wrote** Ten episodes of the drama.
9.00 PM FILM **Murder, She Baked: A Peach Cobbler Mystery** Drama starring Alison Sweeney. (2016, PG, 85min) ★★
10.55 FILM **Mystery 101: Pilot** Thriller with Jill Wagner. (2019, PG, 89min) ★★
12.50 AM FILM **Time of Death** Thriller starring Kathleen Robertson. (2013, PG, 95min) ★★
2.25 FILM **A Killer in My Home** Crime thriller starring Bree Williamson. (2020, 12, 90min) ★
3.55 FILM **The Bad Twin** Psychological thriller. (2016, PG, 90min) ★★
5.25 **to 6.00** AM **Police Ten 7**

+1 hour 322

Great! Romance

319 317 424 52 47

8.10 AM FILM **The Wedding Ring** (2020, PG) ★★
10.05 FILM **The Last Bridesmaid** Drama. (2019, PG, 90min) ★★
12.00 NOON FILM **One Perfect Match** (2023, PG) ★★
1.55 PM FILM **A Wedding for Belle** Romance. (2025, PG, 90min) ★★
3.50 FILM **One Perfect Match** Romantic comedy. (2023, PG, 87min) ★★
5.45 FILM **Love by Design** Drama. (2023, PG) ★★
7.40 FILM **Technically Yours** Drama. (2025, PG) ★★
9.35 FILM **Love, Romance and Chocolate** Drama. (2019, U, 84min) ★★
11.35 FILM **The Secret Ingredient** Comedy. (2020, PG, 83min) ★★
1.30 AM **Highway to Heaven**
2.30 FILM **A Wedding for Belle** (2025, PG) ★★
4.10 **to 5.00** AM **Highway to Heaven**

+1 hour 320

Rewind TV

182 81 141

6.00 AM **Sherlock Holmes**
7.30 **Star Maidens**
8.30 **The Lovers** (S2)
9.30 **The Fenn Street Gang**
10.00 **Bubblegum & Cheese**
11.00 **Boon** 8/13. (S2)
12.00 NOON **The Prime of...**
1.00 PM **Lady Killers**
2.00 **The Champions** (S1)
3.00 **The Brian Conley Show**
3.30 **Star Maidens**
4.30 **The Dustbinmen** (S2)
6.00 **Boon** 8/13. (S2)
7.00 **The Loss of SS Schiller**
7.30 FILM **The Steamie** (1988, PG) ★★★★
9.00 **Dark Skies** 4/20. (S1)
10.00 **Naughty!** Documentary.
11.35 **Rewind & Remember**
11.45 **Lady Killers**
12.45 AM **The Prime of Miss Jean Brodie** 1/7. (S1)
1.45 FILM **Inseminoid** Horror. (1981, 15, 93min) ★
3.45 **Hank the Cowboy**
4.00 **Dark Skies** 4/20. (S1)
5.00 **to 6.00** AM **Stereo Underground**

DMAX

158 151 169 39 147 35

6.00 AM **Baggage Battles**
10.00 **Junkyard Empire**
2.00 PM **Kindig Customs**
5.00 **Mike Brewer: Born Dealer** Double bill.
7.00 **Loch Ness Monster: New Evidence**
9.00 **Alien Encounters Declassified** Newly released documents of close encounters reveal shocking secrets.
11.00 **Expedition X** A strange phenomenon that has been haunting Mammoth Cave in Kentucky for several generations. **12.00** M'T Phil Torres and Jessica Chobot follow strange orbs of light into an active volcano in Washington. **1.00** AM Exploring an abandoned outpost in the Amazon rainforest.
2.00 **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 258 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Man v Food: Best Of**
1.00 PM **James Martin's American Adventure**
3.00 **Great British Bake Off**
9.00 **James Martin's American Adventure** The chef's culinary journey takes him to the city of San Francisco. **10.00** The chef arrives at the vineyards of Sonoma County.
11.00 **Secret Eats with Adam Richman** Adam's hunt for secret dishes leads him to San Francisco. **11.30** Adam heads to LA where he reveals a spicy off-menu burger. **12.00** M'T In Las Vegas, Adam finds a speakeasy. **12.30** AM Adam is in Oahu, where he finds incredible short ribs.
1.00 **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

7.00 AM FILM **The Pledge** Western drama. (2008, PG, 79min) ★★★
9.00 **The A-Team** (S3)
2.00 PM FILM **They Made Me a Fugitive** Thriller. (1947, b/w, PG, 104min) ★★
4.00 FILM **Flight to Tangier** Espionage thriller. (1953, PG, 90min) ★★
5.50 FILM **Damn the Defiant!** Adventure starring Alec Guinness. (1962, PG, 97min) ★★★
8.00 **The Twilight Zone** (S4)
9.00 FILM **Nick of Time** Action thriller starring Johnny Depp and Christopher Walken. (1995, 15, 89min) ★★★
10.50 FILM **Triple 9** Thriller starring Chiwetel Ejiofor. (2016, 15, 113min) ★★★
1.05 AM FILM **The Flock** Crime thriller. (2007, 18, 105min) ★★★★
3.10 **to 5.00** AM FILM **Death Trench** Horror. (2017, 18, 88min) ★★

Legend Xtra

317 316 171 69 138 51

9.00 AM **The Twilight Zone**
10.00 FILM **The Legend of Butch and Sundance** Western adventure. (2004, PG, 87min) ★★
12.00 NOON FILM **Collision Earth** Sci-fi thriller. (2011, 12, 95min) ★★
2.00 PM FILM **MegaFault** Sci-fi action adventure. (2009, 12, 90min) ★★
4.00 **The Fall Guy** (S1)
9.00 FILM **Commandos** World War Two adventure starring Lee Van Cleef and Jack Kelly. (1968, 18, 112min) ★★
11.00 FILM **Runner Runner** Thriller starring Justin Timberlake, Ben Affleck and Gemma Arterton. (2013, 15, 91min) ★★★
1.00 AM FILM **Commandos**
3.00 FILM **Monster Hunters** Sci-fi action thriller. (2020, 15, 88min) ★
4.50 **to 6.00** AM **The Twilight Zone**

+1 hour 318 371 139

Blaze

156 169 174 64 161 41

6.00 AM **WWE's Greatest Moments** Celebrities.
6.25 **Container Wars**
6.45 **Rust Valley Restorers**
8.20 **Junk & Disorderly**
10.10 **Pawn Stars**
1.05 PM **Storage Hunters**
3.05 **Auction Hunters**
5.05 **Storage Wars: Texas**
6.30 **WWE's Greatest Moments** Celebrities.
7.00 **Secrets in the Ice**
8.00 **The Curse of Oak Island**
9.00 **The Great British Dig: History in Your Back Garden** Documentary.
10.00 **Discovered by Disaster**
11.00 **Holy Marvels with Dennis Quaid**
12.00 M'T **History's Greatest Mysteries** Loch Ness.
1.00 AM **Paranormal: Caught on Camera**
2.00 **My Paranormal Nightmare**
3.00 **World's Most Unexplained**
4.00 **to 6.00** AM **Secret Restoration**

5SELECT

153 166 138 46 133 30

9.00 AM **Cruising with Jane McDonald** From Miami.
9.20 **Digging Up Britain's Past** Triple bill.
12.25 PM **Columbo** Five episodes, including at: **4.25** *The Greenhouse Jungle:* A plant collector fakes his nephew's kidnapping to get his hands on a trust fund. **6.00** *The Most Crucial Game:* Columbo investigates when the owner of an American football team is found dead in a swimming pool. **7.35** *Suitable for Framing:* The detective investigates the murder of an art collector.
9.00 **1979: Those Were the Days** A look back at key events in TV, film and politics in 1979.
11.00 **Taggart** *Hostile Witness.*
1.50 AM **Emperor: Rise & Fall of a Dynasty**
3.40 **to 4.00** AM **Cruising with Jane McDonald**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Total Wipeout**
11.00 **Total Wipeout Celebrity Special**
12.00 NOON **Tenable**
2.00 PM **Lily Savage's Blankety Blank**
3.20 **All Star Family Fortunes** With Kyran Bracken and Sammy Winward.
4.00 **The Chase** Quiz show.
5.00 **The Chase Celebrity Special** Julia Goulding, Oz Clarke, Laura Hamilton and Mr Motivator take part. **6.00** With guests Tim Vine, Alice Beer, Ken Bruce and Sonny Jay.
7.00 **The Chase** Double bill.
9.00 **The Chase Celebrity Special** With Tim Lovejoy, Kay Burley, Eni Aluko and Richard Herring.
10.00 **The Chase** Quiz show.
11.00 **Bullseye** Six editions.
2.00 AM **The Chase**
4.00 **The Celebrity Chase**
5.00 **to 6.00** AM **The Chase**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Young Sheldon**
10.00 **The Big Bang Theory**
1.00 PM **The Big Bang Theory** (S2&3)
8.00 NEW SERIES **Georgie and Mandy's First Marriage** 1/22. *Young Sheldon* spin-off comedy starring Montana Jordan and Emily Osment. **8.30** New episode 2/22. Georgie struggles to balance life, work and family, while Missy gets into trouble. *See feature, page11.* (S1)
9.00 FILM **Transformers: Revenge of the Fallen** Sci-fi action adventure sequel starring Shia LaBeouf, Josh Duhamel and Megan Fox. (2009, 12, 149min) ★★★
12.00 M'T **Menendez Brothers: Misjudged?**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Stupid Central**
9.00 **Friends** 5-22/24. (S2)
6.00 PM **Friends** 23/24. Joey gets a job at Chandler's company. **6.00** 24/24. Rachel attends her former fiancé's wedding. (S2)
6.55 FILM **3 Men and a Little Lady** Comedy sequel with Tom Selleck. (1990, PG, 103min) ★★
9.00 FILM **The Waterboy** Sports comedy starring Adam Sandler. (1998, 12, 90min) ★★
10.45 **8 Out of 10 Cats Uncut**
11.35 **Out of Order**
12.35 AM **Jack Whitehall Gets Around**
2.35 **Rosie Jones Tries to Help** With Desiree Burch.
2.45 **The Bonnaroo Experience** Stand-up.
3.25 **The Ricky Gervais Show**
4.15 **to 5.00** AM **Bradley & Barney Walsh: Breaking Dad**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S5)
7.00 **Teleshopping**
9.00 **Bradley & Barney Walsh: Breaking Dad**
12.00 NOON **Criminally Funny**
7.00 PM **Friends** 13/24. Rachel lands a date with Jean-Claude Van Damme. **7.30** 14/24. Rachel sees Ross in a different light. **8.00** 15/24. Monica falls for an old family friend. Guest stars Tom Selleck. **8.30** 16/24. Joey decides to move out. (S2) **9.00** 13/24. Phoebe meets her biological father for the first time. **9.30** 15/24. Ross makes a bad impression on his new neighbours. (S5)
10.00 **Friends** (S5&6)
2.00 AM **New Girl** (S2)
3.00 **South Park** (S3)
3.45 **John Mulaney: New in Town** Stand-up show.
4.30 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **That's 60s: Best Music Live!**
8.20 **On the Buses** (S1&2)
9.20 **Steptoe and Son** (S6)
2.25 PM **Man About the House** 2-6/6. (S4)
5.05 **Birds of a Feather**
7.55 **Minder** 8/13. (S2)
9.00 **Benidorm** 7/7. Jodie gets into stage school. (S8)
10.00 **Shameless** 7/14. Shane's music festival plans are thrown into jeopardy. (S11)
10.55 **Just Good Friends** (S3)
11.35 **Rising Damp** (S3)
12.05 AM **Benidorm** 7/7. (S8)
1.05 **Shameless** 7/14. (S11)
2.05 **The Kenny Everett Video Show** (S2)
2.35 **Man About the House**
3.00 **Duty Free** (S1)
3.25 **The Osbournes**
3.50 **That's 60s: Best Music Live!**
4.00 **Nearest and Dearest**
4.50 **to 6.00** AM **Journeys: Manx Electric Rail**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **Teen Mom 2**
8.00 **Teen Mom: The Next Chapter** Five editions.
1.00 PM **Catfish: The TV Show** Eight editions of the series, including at: **6.00** Nev and co-host Tallulah Willis navigate a treacherous love triangle. **7.00** Nev and co-host Elle King help Angel find her online love Remy. **8.00** Featuring the show's first ever DNA test.
9.00 **Help! I'm in a Secret Relationship!** Emma needs to know why Barry won't introduce her to his mother.
10.00 **Ink Master: Angels** The Angels land in Savannah in search of the city's best artists.
11.00 **Dating Naked**
1.00 AM **Jersey Shore**
2.45 **Catfish: The Dramatic**
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **Wheeler Dealers**
8.00 **Wheeler Dealers World Tour**
12.00 NOON **Alaska: Homestead Rescue** The Raneys look back at their family's journey.
1.00 PM A Florida homestead devastated by flooding.
3.00 Marty responds to a desperate plea from a family in eastern Vermont after a 100-year flood has wiped out their property access route.
5.00 The Raneys race to build the first-ever homestead fortress, and protect a family from brown bears.

7.00 Moonshiners

7.00 **Moonshiners: Master Distiller** New edition Distillers compete to turn tea and liquor drinks into a top-selling spirit.
8.00 **Moonshiners: Master Distiller** New edition Three aspiring distillers get the chance to be named Master Distiller.
9.00 **Moonshiners: Master Distiller** New edition Tickle must craft his own recipe from scratch.
10.00 **Mud Madness** AJ and Bryce's rivalry intensifies, while AJ's personal life takes centre stage when his break-up is revealed.
11.00 **Kindig Customs** The 1933 Roadster hits a roadblock.
12.00 M'T **Overhaulin'** Transforming a mid-1950s car into a 21st-century vehicle.
1.00 AM **Overhaulin'** Double bill.
3.00 **Street Outlaws** Documentary.
4.00 **to 5.00** AM **Street Outlaws: Locals Only**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A cat that is scared of its own tail.
4.00 A soft-spoken musician who feels abused by her cat.
5.00 **Treehouse Masters** Pete Nelson designs a thrill seeker's treehouse in Washington.
6.00 **Bad Dog!** Footage of a dog that adores ice-cream, and a swearing and rapping parrot.

8.00 Treetop Cat Rescue

7.00 **How Do Animals Do That?** How hyenas can eat pretty much anything.
7.30 A squirrel's ability to hide up to 10,000 nuts.
8.00 **Treetop Cat Rescue** Shaun braves wet conditions in Covington.
8.30 Tom is called out on a late-night mission.
9.00 **Alaskan Bush People: Book of Billy** An interview with Billy, the Brown family patriarch.
10.00 **Tanked** Businessman Brad Jennings wants to complete his new office with three tanks.
11.00 **Alaska: The Last Frontier** Otto and Eivin fight to douse a raging fire on Kilcher beach that threatens the homestead.
12.00 M'T **River of No Return**
1.00 AM **Saved by the Barn**
2.00 **The Haunted**
3.00 **Little Giants** Double bill.
4.00 **to 5.00** AM **The Zoo**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Construction Fails**
10.00 **Car S.O.S** Triple bill.
1.00 PM **Air Crash Investigation**
3.00 **Airport Security: Rome** At Italy's busiest airport, police seize bundles of drug money.
4.00 Police seize cocaine that was hidden in a shoe.
5.00 **Toronto Airport Uncovered** Lightning interrupts vital maintenance on the airfield.
6.00 **Air Crash Investigation** Experts investigate why Air Florida Flight 90 plunged into a Washington river.

7.00 Lost Treasures of Rome

7.00 **Lost Treasures of Rome** New edition Experts excavate a buried city in Jordan and dive a sunken temple in Italy.
8.00 **Egypt's Sun King: Secrets and Treasures** The first newly discovered tomb containing a body since Tutankhamen.
9.00 **King Tut in Colour** The discovery of Tutankhamun's tomb is revealed for the first time in colour.
10.00 **Lost Tombs of the Pyramids** In the shadow of the pyramids, an elite team of archaeologists embark on an excavation.
11.00 **Paranatural** Experts investigate alleged sightings of mystery creatures in the world's lakes and lochs.
12.00 M'T **To Catch a Smuggler**
1.00 AM **Air Crash Investigation**
2.55 **Food Factory** Double bill.
3.45 **To Catch a Smuggler**
4.35 **to 5.00** AM **Made in a Day**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Storage Wars**
7.00 **Secrets Declassified with David Duchovny** Double bill.
9.00 **Gold Wars Downunder**
10.00 **Ice Road Truckers**
11.00 **Pawn Stars** Triple bill.
2.00 PM **Junk & Disorderly** Triple bill of editions, including at:
4.00 Henry Cole and Sam Lovegrove head to an emporium full of trinketry.
5.00 **Hazardous History with Henry Winkler** A look back at shockingly dangerous 'cures'.
6.00 Dangerous sports.

7.00 WWII's Most Daring Raids

7.00 **WWII's Most Daring Raids** Operation Husky, an amphibious invasion of the island of Sicily carried out by Allied Forces.
8.00 **WWII's Most Daring Raids** A 1941 mission in which elite British commandos sailed toward South Vaagso, Norway.
9.00 **Auschwitz: Countdown to Liberation** Events leading to the liberation of the camp in southern Poland in January 1945. Six million people, mostly Jewish, were murdered by the Nazis, more than a million in the camp.
11.00 **Secrets Declassified with David Duchovny** Declassified files reveal bizarre military weapons plans, that somehow balance between apocalyptic and absurd.
12.00 M'T **Secrets Declassified with David Duchovny**
2.00 AM **Junk & Disorderly**
5.00 **to 6.00** AM **Hazardous History with Henry Winkler**

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Discovering: Julia Roberts**
7.00 **Discovering: Richard Gere**
8.00 **The Directors** Barry Levinson.
9.00 **Paul Simon: In Restless Dreams** 1&2/2. Documentary.
1.10 PM **Lancaster** The story of the bomber synonymous with the Dambusters.
3.10 **Bright Lights: Starring Carrie Fisher and Debbie Reynolds** Charting the mother and daughter relationship of the Hollywood stars.
5.00 **Tina** A celebration of Tina Turner's life and career.

3.10 Bright Lights

7.10 **I Am Patrick Swayze** A tribute to the American actor, known for his roles in hits like *Dirty Dancing*, *Ghost* and *The Outsiders*. Featuring contributions by Demi Moore and Rob Lowe.
9.00 **Gary** A look at the life and mysterious death of actor Gary Coleman, who shot to fame in the late-1970s as Arnold in hit sitcom *Diff'rent Strokes*.
11.00 **Love to Love You, Donna Summer** Profile of the iconic artist, following her career from the avant-garde music scene in Germany to the dance clubs of New York.
1.00 AM **Val** Focusing on the daily life of actor Val Kilmer.
3.00 **QPR: The Four Year Plan**
4.50 **My Icon: Chris Hughton**
5.00 **to 6.00** AM **The Directors**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Find It, Fix It, Flog It**
9.00 **Antiques Road Trip**
2.00 PM **The Repair Shop**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **The Derbyshire Auction House**
8.00 **The Repair Shop** Woodworker Will tries to bring a remarkable table back to life.
9.00 **The Repair Shop: NHS Special** The team restore four items chronicling the evolution of the National Health Service.
10.00 **The Repair Shop** Woodworker Will is tasked with fixing up a very unstable table.
11.00 **Australian Open Tennis**
12.00 M'T **The Repair Shop**
1.00 AM **Massive Engineering Mistakes**
2.00 **Destroyed in Seconds**
4.00 **to 5.00** AM **How It's Made**

+1 hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

6.00 AM **Animal Cops Phoenix** Documentary.
7.00 **Helicopter ER**
9.00 **Cops UK: Bodycam Squad** Double bill.
11.00 **The Killer in My Family**
12.00 NOON **FBI Files**
3.00 PM **Welcome to Killer Town** Double bill.
6.00 **Impact of Murder** Triple bill, including at:
8.00 The murders of Shirlee Sherman and Thomas Hunter.
9.00 **A Killer's Mistake** Ashley Wadsworth's dream move quickly turns into a nightmare.
10.00 Natalie and Paul had a seemingly idyllic relationship.
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1 hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
6.05 **The Killer You Know** The brutal slayings of wealthy families leave investigators wondering who will benefit.
7.00 When a hooded man shows up, Pamela Lawson thought he was her boyfriend's friend.
8.00 Featuring three chilling newlywed cases.
9.00 **Banaz: An Honour Killing** The brutal honour killing of Banaz Mahmod.
10.00 **Secrets of a Murder Detective** During the 2011 riots, Gavin Clarke is shot in West Yorkshire.
11.00 **Fatal Fall: Murder or Accident?** The case of Toni Henthorn.
12.00 M'T **When Death Comes Knocking**
1.00 AM **The Killer You Know** Triple bill.
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
12.00 NOON **48 Hours**
3.00 PM **Facing Evil** The case of Dawn Silvernail, who fell into a relationship with a dangerous man who ordered her to kill.
3.30 The case of Ashley Humphrey, who shot Sandee Rozzo and claimed that she was brainwashed.
4.00 **A Secret to Die For** Bank robbing, deceptions and secret lives catch up with a serial liar as his life spirals down a desperate, dark path.
5.00 When old friends rekindle their romance, their relationship unravels.
6.00 **Judge Judy** Real-life small-claims cases.
12.15 AM **Judge Judy**
2.00 **A Secret to Die For**
4.00 **Citizen Detective**
4.45 **Facing Evil**
5.35 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Cops**
8.00 **Brit Cops: Law & Disorder** Documentary.
9.00 **Caught on Dashcam**
10.00 **Murders That Shocked the Nation** The life of killer Donald Neilson.
11.00 **World's Most Evil Killers**
1.00 PM **Forensics: Catching the Killer**
3.00 **Killer in My Village**
5.00 **Britain's Most Evil Killers** Double bill.
7.00 **Forensics: Catching the Killer** Double bill.
9.00 **Libby, Are You Home Yet?** 1-3/3. Investigating the 2019 murder of student Libby Squire.
12.15 AM **Murdered at First Sight** Tashan Daniel.
1.10 **Killer in My Village**
2.05 **How I Caught the Killer**
3.00 **World's Most Evil Killers**
4.00 **The Force: Manchester**
5.00 **to 6.00** AM **Send in the Dogs**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.35 **World of Stonehenge**
1.00 PM **Grand Tours of the Scottish Islands**
1.40 **World of Stonehenge**
6.15 **Ambassadors in Berlin: The Whistleblowers of WWII** The diplomatic whistleblowers who tried to point out the dangers of the Nazi Party in 1933.
7.25 **Playing to Survive: Von Cramm vs Hitler** The life of German aristocrat Gottfried von Cramm, who was imprisoned and sent to fight on the Eastern Front by the Nazi regime.
9.30 **Fight to the Finish** Canadian survivors give their accounts of World War Two.
10.55 **Ambassadors in Berlin: The Whistleblowers of WWII** As 6.15pm.
12.00 M'T **to 2.00** AM **Fight to the Finish**

SUNDAY

Sunday

Sky Nature

145 113/114 189 354 369

6.00 AM **Wild Family Ties**
10.00 **America's Wild Border: Northern Exposure**
11.00 **Carpathian Predators**
1.00 PM **City Wildlife Rescue**
3.00 **David Attenborough's Rise of Animals: Triumph of the Vertebrates** 1&2/2.
5.00 **Becoming Elephant: The Orphans of Reteti** New edition Following the journey of orphaned elephants at Reteti Elephant Sanctuary.
6.00 **Extraordinary Animals** New editions Focusing on animals that can exhibit surprising behaviours to survive. **6.30** Animals that employ behaviours to entice mates or warn off predators.
7.00 **Monkey Island** Triple bill.
10.00 **Nature's Dress Code: Who Wears What and Why?** A look into the fashion styles of the natural world.
11.00 **Becoming Elephant: The Orphans of Reteti**
12.00 M'T **Extraordinary Animals**
1.00 **to 6.00** AM **Volcanic Odysseys**

Crime+Investigation

139/140 142 133

6.00 AM **Murdertown**
8.00 **Nightmare in Suburbia**
10.00 **When Missing Turns to Murder**
12.00 NOON **Judge Rinder**
2.00 PM **Murder Detective**
4.00 **Buried in the Backyard** Four editions, including at: **7.00** When a student suddenly vanishes, a determined female detective must confront the prejudices of the time.
8.00 **Homicide Squad: New Orleans** Detective Nick Davis investigates a homicide in the French Quarter.
9.00 **Cold Case Files** New edition A case in Huntington Beach. **10.00** An arson investigation becomes a homicide. **11.00** The murder of an 18-year-old in Michigan.
12.00 M'T **Killed Without a Trace**
1.00 AM **Cold Case Files**
2.00 **Somebody's Hiding Something** Double bill.
4.00 **to 6.00** AM **I Knew My Murderer**

+1 hour 256 333

U&Eden

166 134/162 176 57 160 142

9.00 AM **Joanna Lumley's India**
12.00 NOON **Joanna Lumley's Japan**
2.00 PM **Joanna Lumley's India**
5.00 **Joanna Lumley's Japan**
7.00 **Joanna Lumley's India** The actor travels back to the country of her birth, travelling the length and breadth of India to explore its diverse landscapes and cultural traditions. **8.00** Joanna visits the Maharaja of Dungarpur, who shows her around his palace. **9.00** Joanna's adventures across India conclude as she explores Rajasthan, Delhi and the mountainous North West before ending in Kashmir.
10.00 **Joanna Lumley's Japan** Joanna begins a 2,000-mile journey across Japan. **11.00** The actor explores Tokyo, which was extensively rebuilt after World War Two.
12.00 M'T **Joanna Lumley's India**
3.00 AM **Joanna Lumley's Japan**
4.40 **Railway Murders**
5.30 **to 6.00** AM **My Kind of Town**

+1 hour 266 376

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **History's Greatest Aircraft**
10.00 **Soviet Storm: WWII in the East**
11.00 **Digging for Britain**
1.00 PM **Britain's Most Historic Towns** The history of York.
2.00 **Ancient Aliens**
4.00 **World War Weird**
6.00 **Digging for Britain**
7.00 **Britain's Most Historic Towns** Alice Roberts tells the story of the Regency period by studying the history of Cheltenham.
8.00 **What on Earth?** The myth of Merlin, which is associated with an arrangement of stones in northern France.
9.00 **Mafia: Most Wanted** The Mafia's power in Canada becomes clearer.
10.00 **Gangland Chronicles** Rollin' 60s Neighborhood Crips gang. **10.30** The Cleveland Mafia.
11.00 **Ancient Aliens** Double bill.
1.00 AM **Evil Encounters**
2.00 **Discovered by Disaster**
3.00 **World War Weird**
5.00 **to 6.00** AM **Full Custom Garage**

WILD

165 145/133 182

8.00 AM **The Incredible Dr Pol**
10.00 **Investigation Shark Attack**
12.00 NOON **Deep Sea Killers: Into the Dark** Aquatic predators.
1.00 PM **Maui Shark Mystery**
2.00 **Perfect Predator**
3.00 **Supersized Sharks**
4.00 **Secrets of the Zoo**
6.00 **Heartland Docs** New edition The vets face a slew of mysterious cases, including a pit bull with a large lump and a bald eagle with a wounded leg.
7.00 **Australia's Land of the Ancients** The ancient landscape of northeastern Australia.
8.00 **Tree Kangaroos: Ghosts of the Forest** The Lumholtz tree kangaroos – the ghosts of the north Queensland forests.
9.00 **Hostile Planet** Bear Grylls narrates footage of ocean-dwelling wildlife. **10.00** Bear narrates footage of mountain-dwelling wildlife.
11.00 **Snakes in the City**
12.00 M'T **Lawless Island**
2.00 AM **Fish Tank Kings**
4.00 **to 5.00** AM **Yukon Vet**

ID

154 140 166

8.00 AM **Forbidden: Dying for Love**
10.00 **Still a Mystery**
12.00 NOON **Faking It: Tears of a Crime** Double bill of editions.
2.00 PM **The Perfect Murder**
4.00 **Disappeared** Double bill.
6.00 **Murder in the Heartland** The case of Diane Fortenberry, who was murdered in May 2011. **7.00** The murder of Irene Trujillo in Montrose, Colorado.
8.00 **On the Case with Paula Zahn** The case of a young woman murdered in a bar parking lot.
9.00 **Fatal Destination** A man's New Orleans getaway ends in horror when he's found dead in his hotel room, the scene steeped in eerie symbols.
10.00 **The Real Murders on Elm Street** A house on Elm Street goes up in flames, leaving two people dead.
11.00 **Evil Lives Here**
12.00 M'T **Toxic** Double bill.
2.00 AM **Death by Fame**
4.00 **to 6.00** AM **People Magazine Investigates**

+1 hour 254 366

Discovery Science

167 148 179

8.00 AM **Blowing Up History**
10.00 **How It's Made**
12.00 NOON **How It's Made: Dream Cars** Four editions.
2.00 PM **Incredible Engineering Blunders: Fixed**
4.00 **How the Universe Works**
6.00 **How It's Made** The manufacture of everyday items, such as wood slat baskets. **6.30** The development of DeLoreans and bison fibre. **7.00** How objects including air hockey tables are made. **7.30** How custom shoe trees and clay targets are made.
8.00 **Mysteries of the Deep** Jeremy Wade explores the sinking of the mighty SS *Fitzgerald*. **9.00** Investigating a mummified body discovered on a boat.
10.00 **Valley of the Kings: The Lost Tombs** Documentary.
12.00 M'T **How the Universe Works**
2.00 AM **NASA's Unexplained Files**
4.00 **to 6.00** AM **How It's Made: Dream Cars**

+1 hr 267 379

Discovery History

174 147 181

7.00 AM **Shed and Buried**
9.00 **HMS Ark Royal**
11.00 **Treasure Quest: Snake Island**
12.00 NOON **Combat Dealers**
3.00 PM **World's Greatest Motorcycle Rides**
6.00 **Blowing Up History** Experts use cutting-edge tech to investigate the Red Pyramid. **7.00** Exploring a Roman settlement buried in ashes. **8.00** Experts seek the truth behind one of Rome's most enigmatic emperors.
9.00 **Salvage Hunters: The Restorers** French polisher Alex restores a 1930s rocking horse, and upholsterer Craig tries to restore a classic Victorian chair. **10.00** Efforts are made to restore a World War Two RAF hero's bomber jacket. **11.00** Antique dealer Saxon Durrant charms leather craftsman Martin with a rare 1920s wardrobe trunk.
12.00 M'T **Shed and Buried**
2.00 **to 5.00** AM **Combat Dealers**

+1 hour 274 381

Discovery Turbo

161/172 146 180

7.00 AM **World's Greatest Motorcycle Rides**
10.00 **FourWheeler**
11.00 **G.A.S. Extreme Customs**
12.00 NOON **Roadworthy Rescues**
5.00 PM **Shed and Buried** Henry Cole and Sam Lovegrove examine Japanese bikes. **5.30** Rare Minis, 1970s Rollers and a rally car in Oxfordshire. **6.00** Henry and Sam search for vehicles in Cornwall. **6.30** Henry and Sam head to Oxfordshire.
7.00 **Wheeler Dealers** Mike finds an Alfa Romeo GTV with some fails, but he thinks Elvis can fix it up. **8.00** Mike spots a Maserati 4200GT with a Ferrari V8 under the hood for less than £10,000. **9.00** Mike tracks down a rare Land Rover Series 1 that may not be all it seems. **10.00** Mike and Elvis take on a Fiat Coupe 20 Valve Turbo.
11.00 **Wheeler Dealers** Double bill.
1.00 **to 4.00** AM **World's Greatest Motorcycle Rides**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

7.30 AM **Smurfs** As 6.30pm.
9.05 **Nuremberg** As 4.00pm.
11.35 **Sinners** Horror thriller starring Michael B Jordan. (2025, 15, 132min) ★★★★
2.00 PM **28 Years Later** (2025)
4.00 **Nuremberg** Thriller starring Russell Crowe and Rami Malek. (2025, 15, 148min) ★★★★★
6.30 **Smurfs** Family fantasy comedy featuring the voices of Rihanna and James Corden. (2025, PG, 89min) ★★

6.30 Smurfs

8.00 **The Ballad of Wallis Island** Comedy written by and starring Tim Key and Tom Basden, with Carey Mulligan. Ex-bandmates reunite for a private show at the island home of an eccentric millionaire. (2025, 12, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **28 Years Later** Horror starring Jodie Comer. Decades since the rage virus took hold, one survivor leaves the safety of a fortified island on a mission into the mainland. (2025, 15, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Beast of War** Horror thriller starring Mark Coles Smith. (2025, 15, 87min) ★★★★
1.30 AM **Safe House** Crime thriller. (2025, 15, 90min)
3.05 **Cookster: The Darkest Days** Drama. (2024, 15, 119min)
5.10 **to 6.50** AM **All the Devils Are Here** Mystery thriller. (2025, 15, 87min) ★★★★

Sky Cinema Transformers

303 303 403 503 517

6.00 AM **Transformers: Revenge of the Fallen** As 9.00pm.
8.35 **Transformers: Dark of the Moon** As shown at 11.35pm.
11.10 **Transformers: Age of Extinction** As 2.15am.
2.00 PM **Transformers: The Last Knight** Sci-fi adventure sequel. (2017, 12, 155min) ★★
4.40 **Bumblebee** Fantasy prequel. (2018, PG, 114min) ★★★★
6.35 **Transformers** Sci-fi adventure. (2007, 12, 144min) ★★★★

9.00 Transformers: Revenge...

Transformers (film started at 6.35pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Transformers: Revenge of the Fallen** Sci-fi action adventure sequel starring Shia LaBeouf and Megan Fox. A college student and his girlfriend get caught up in a titanic struggle between good and evil alien robots. (2009, 12, 149min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Transformers: Dark of the Moon** Sci-fi action adventure sequel starring Shia LaBeouf Josh Duhamel and Rosie Huntington-Whiteley. (2011, 12, 154min) ★★★
2.15 AM **Transformers: Age of Extinction** Sci-fi action adventure sequel with Mark Wahlberg and Stanley Tucci. (2014, 12, 166min) ★★★
5.10 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Drama

310 310 410 510 524

7.45 AM **The Damned United** (2009)
9.25 **Night Call** As shown at 4.10am.
11.05 **Amadeus** Historical drama. (1984, PG, 158min) ★★★★★
1.45 PM **Legends of the Fall** Drama. (1994, 15, 133min) ★★★★
4.00 **Dallas Buyers Club** Drama. (2013, 15, 114min) ★★★★
6.00 **Little Women** Screen version of Louisa May Alcott's classic tale. (1994, U, 114min) ★★★
8.00 **P.S. I Love You** Romantic comedy drama based on the novel by Cecelia Ahern, starring Hilary Swank and Gerard Butler. (2007, 12, 121min) ★★★
10.15 **About Time** Romantic comedy fantasy starring Domhnall Gleeson and Rachel McAdams. A young man inherits the ability to time-travel into his past. (2013, 12, 120min) ★★★
12.25 AM **The Damned United** Sports biopic starring Michael Sheen. (2009, 15, 98min) ★★★★
2.10 **Black Dog** Chinese drama starring Eddie Peng. Subtitled. (2024, 12, 110min) ★★★
4.10 **Night Call** French-Belgian thriller with Jonathan Feltre. Subtitled. (2024, 15, 97min) ★★★★
5.55 **to 8.15** AM **American Sniper** Biopic. (2014, 15, 127min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.00 AM **Pacific Rim** Sci-fi action thriller. (2013, 12, 126min) ★★★
8.15 **A.I. Artificial Intelligence** Steven Spielberg's sci-fi fantasy. (2001, 12, 145min) ★★★★
10.40 **The Matrix** Sci-fi action thriller. (1999, 15, 136min) ★★★★
1.00 PM **The Matrix Reloaded** Sci-fi thriller sequel starring Keanu Reeves and Carrie-Anne Moss. (2003, 15, 137min) ★★★★
3.20 **The Matrix Revolutions** Thriller sequel starring Keanu Reeves. (2003, 15, 129min) ★★★
5.30 **The Matrix: Resurrections** Sci-fi action thriller sequel. (2021, 15, 148min) ★★★
8.00 **Ready Player One** Fantasy adventure starring Tye Sheridan. (2018, 12, 140min) ★★★★
10.25 **I.S.S** Drama with Ariana DeBose. (2023, 15, 95min) ★★★
12.10 AM **If You Were the Last** Sci-fi comedy with Anthony Mackie. (2023, 15, 92min) ★★★★
1.55 **From Dusk Till Dawn 3: The Hangman's Daughter** Western sequel starring Marco Leonardi. (2000, 18, 94min) ★★
3.40 **Timestalker** Fantasy comedy. (2024, 15, 89min) ★★★★
5.20 **to 7.05** AM **Tarot** Horror. (2024, 15, 92min) ★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.00 AM **SpongeBob Movie: Sponge Out of Water** (2015)
7.35 **The Portable Door** (2023)
9.35 **Teenage Mutant Ninja Turtles: Out of the Shadows**
11.30 **Pokemon: Detective Pikachu** Fantasy. (2019, PG) ★★★★
1.20 PM **Stuart Little** Fantasy. (1999, U, 84min) ★★★★★
2.50 **Stuart Little 2** (2002) ★★★★
4.20 **Peter Rabbit** (2018, PG) ★★★
6.00 **Teenage Mutant Ninja Turtles** Fantasy. (2014, 12, 101min) ★★

7.55 Babe

7.55 Babe Comedy drama about a talking pig who wants to be a sheepdog. Stars James Cromwell and Magda Szubanski. (1995, U, 92min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 Teenage Mutant Ninja Turtles: Out of the Shadows Adventure sequel starring Megan Fox. The sewer-dwelling heroes discover their arch enemy has joined forces with an alien warlord. (2016, 12, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **The Mountain** Comedy starring Elizabeth Atkinson. (2024, PG, 89min) ★★★★
1.30 AM **The Portable Door** Fantasy adventure with Sam Neill and Christoph Waltz. (2023, PG, 130min) ★★★
3.35 **Save the Cinema** Fact-based drama with Samantha Morton. (2021, 12, 109min) ★★★
5.35 **to 7.00** AM **Friend or Foe** Drama starring John Bardon. (1981, U, 70min) ★★★

Sky Cinema Action

307 307 407 507 521

7.40 AM **The Patriot** Epic drama. (2000, 15, 167min) ★★★
10.40 **Bad Boys II** Action comedy thriller sequel. (2003, 15) ★★★
1.15 PM **Birds of Prey and the Fantabulous Emancipation of One Harley Quinn** Fantasy. (2020, 15, 109min) ★★★★
3.20 **Furiosa: A Mad Max Saga** Fantasy with Anya Taylor-Joy. (2023, 15, 148min) ★★★★
6.00 **The Beekeeper** Thriller. (2023, 15, 105min) ★★★

6.00 The Beekeeper

8.00 Man of Steel Fantasy adventure exploring the origins of Superman, starring Henry Cavill, Amy Adams and Michael Shannon. A young outcast with superpowers must confront his destiny when aliens from his home planet threaten Earth. (2013, 12, 143min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 The Amazing Spider-Man 2 Fantasy adventure sequel starring Andrew Garfield. The superhero battles a foe with electrical powers, while an old friend presents an even greater threat. (2014, 12, 142min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.50 AM **The Dark Tower** Fantasy. (2017, 12, 95min) ★★
2.30 **Hounds of War** Action thriller. (2024, 15, 95min) ★★★
4.10 **to 6.15** AM **Monkey Man** Action thriller with Dev Patel. (2024, 18, 121min) ★★★★

Sky Cinema Comedy

308 308 408 508 522

6.25 AM **Kangaroo Jack** (2003) ★
7.55 **The Golden Child** (1986) ★★
9.30 **Ted** Comedy. (2012, 15) ★★★★
11.20 **School of Rock** Comedy. (2003, PG, 109min) ★★★★
1.20 PM **Jackass Presents: Bad Grandpa** (2013, 15) ★★★
3.05 **Jackass Presents: Bad Grandpa .5** (2014, 15) ★★
4.35 **Blazing Saddles** Western. (1974, 12, 90min) ★★★★
6.10 **Click** Fantasy comedy. (2006, 12, 103min) ★★★★

6.10 Click

8.00 Bridget Jones: Mad About the Boy Romantic comedy sequel starring Renée Zellweger. Recently widowed Bridget enters the dating game once again, caught between her son's science teacher and a younger man. (2024, 15, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

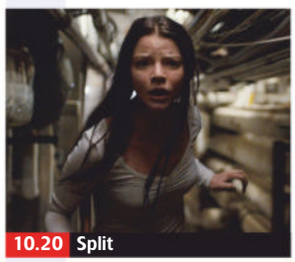
10.05 The 40-Year-Old Virgin Comedy starring Steve Carell. The workers in an electrical shop set out to coach their inexperienced 40-year-old colleague in the art of seduction. (2005, 15, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **It's Complicated** Comedy. (2009, 15, 115min) ★★★★
2.10 **The Terminal** Comedy drama. (2004, 12, 129min) ★★★★
4.20 **In & Out** Comedy with Kevin Kline. (1997, 12, 91min) ★★★
5.55 **to 7.30** AM **Wayne's World** Comedy starring Mike Myers. (1992, PG, 95min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

7.20 AM **The Bikeriders** Drama. (2023, 15, 116min) ★★★★
9.20 **Sherlock Holmes** Adventure. (2009, 12, 128min) ★★★★
11.35 **Sherlock Holmes: A Game of Shadows** Adventure sequel. (2011, 12, 128min) ★★★
1.50 PM **The Bourne Ultimatum** Espionage thriller sequel. (2007, 12, 115min) ★★★★
3.50 **Split** As shown at 10.20pm.
5.55 **Collateral** Crime thriller. (2004, 15, 120min) ★★★★



10.20 Split

8.00 The Bourne Legacy Spy thriller sequel starring Jeremy Renner, Rachel Weisz and Edward Norton. A genetically enhanced secret agent goes on the run with his supervisor when his life is threatened from within his organisation. (2012, 12, 129min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 Split Thriller starring James McAvoy and Anya Taylor-Joy. After being abducted by a kidnapper with multiple personalities, three women are engaged in a fight for survival. (2016, 15, 117min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Pulp Fiction** Quentin Tarantino's comedy thriller. (1994, 18, 154min) ★★★★★
2.55 **Sleepers** Fact-based drama. (1996, 18, 146min) ★★★
5.25 **to 7.25** AM **Escape from Alcatraz** Fact-based drama. (1979, 15, 112min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Harvey** Comedy. (1950, b/w, U, 100min) ★★★★★
1.10 PM **The 7th Voyage of Sinbad** Fantasy adventure. (1958, U, 87min) ★★★★
2.55 **Rosaline** Historical comedy. (2022, PG, 95min) ★★★★
4.45 **Home Alone 3** Comedy sequel. (1997, PG, 102min) ★
6.45 **Jumanji: Welcome to the Jungle** Fantasy comedy. (2017, 12, 119min) ★★★★

9.00 M:I - Rogue Nation

Jumanji: Welcome to the Jungle (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Mission: Impossible – Rogue Nation Spy thriller sequel starring Tom Cruise and Jeremy Renner. The agents of the Impossible Mission Force become fugitives in order to bring down a shadowy society of assassins. (2015, 12, 131min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **How to Blow Up a Pipeline** Crime thriller starring Ariela Barer. A crew of environmental activists plot a daring plan to disrupt an oil pipeline. (2022, 15, 104min) ★★★★
1.45 **to 3.50** AM **Team America: World Police** Spoof of Hollywood action movies performed by puppets. (2004, 15, 98min) ★★★★

+1hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema Feel Good

302 302 402 502 516

6.25 AM **The Breakfast Club** (1984)
8.15 **Pretty in Pink** As 12.00m't.
10.05 **Sixteen Candles** Teen comedy. (1984, 12, 89min) ★★★
11.45 **The Ballad of Wallis Island** Comedy starring Tim Key. (2025, 12, 100min) ★★★★
1.35 PM **Jerry Maguire** Comedy. (1996, 15, 139min) ★★★★
4.00 **You've Got Mail** Comedy. (1998, PG, 114min) ★★★

6.05 **Groundhog Day** Romantic fantasy comedy starring Bill Murray and Andie MacDowell. (1993, PG, 103min) ★★★★★
8.00 **Mamma Mia! Here We Go Again** Musical sequel starring Amanda Seyfried and Lily James. (2018, PG, 114min) ★★★★
10.00 **Yesterday** Comedy starring Himesh Patel. A musician wakes up after being hit by a bus to find he is the only person in the world who remembers The Beatles. (2019, 12, 116min) ★★★

12.00 M'T **Pretty in Pink** Romantic comedy starring Molly Ringwald. (1986, 15, 99min) ★★★★
1.45 AM **The Breakfast Club** Comedy drama. (1984, 15, 97min) ★★★★
3.35 **Groundhog Day** As 6.05pm.
5.20 **to 7.10** AM **The Ballad of Wallis Island** As 11.45am.

Sky Cinema Greats

304 304 404 504 518

6.15 AM **Wayne's World** Comedy. (1992, PG, 95min) ★★★★
7.55 **Wayne's World 2** Comedy sequel. (1993, PG, 95min) ★★★
9.35 **The Blues Brothers** Comedy. (1980, 15, 135min) ★★★★★
11.50 **Ferris Bueller's Day Off** Teen comedy with Matthew Broderick. (1986, 12, 103min) ★★★★
1.35 PM **The Brady Bunch Movie** Comedy. (1995, 12, 89min) ★★★

3.15 **Ace Ventura Pet Detective** Comedy starring Jim Carrey. (1993, 12, 86min) ★★★★
4.45 **Ace Ventura: When Nature Calls** Comedy sequel. (1995, PG, 89min) ★★★
6.25 **Big Daddy** Comedy with Adam Sandler and Kristy Swanson. (1999, 12, 95min) ★★★
8.00 **Beverly Hills Cop** Comedy. (1984, 15, 105min) ★★★★
9.50 **Beverly Hills Cop II** Comedy sequel starring Eddie Murphy. (1987, 15, 99min) ★★★

11.35 **Beverly Hills Cop 3** Comedy sequel. (1994, 15, 104min) ★★
1.20 AM **The Witches of Eastwick** Fantasy. (1987, 18) ★★★★
3.20 **Smokey and the Bandit** Action comedy. (1977, PG, 96min) ★★★
5.00 **to 7.50** AM **Hatari!** Adventure. (1962, U, 157min) ★★

Sky Cinema Animation

305 305 412 500 514

6.55 AM **The Adventures of Tintin: The Secret of the Unicorn**
8.50 **The Lego Movie 2: The Second Part** Animated sequel. (2019, U, 107min) ★★★★
10.50 **Smurfs** Fantasy comedy. (2025, PG, 89min) ★★
12.35 PM **The Pirates! In an Adventure with Scientists** Animated comedy adventure. (2012, U, 87min) ★★★★

2.15 **Monsters vs Aliens** Animation. (2009, PG, 90min) ★★★
4.00 **Open Season** Animation. (2006, PG, 86min) ★★★★
5.40 **The Lego Ninjago Movie** Animation. (2017, U, 101min) ★★
7.35 **Sneaks** Animated comedy. (2025, PG, 92min) ★★
9.10 **The Adventures of Tintin: The Secret of the Unicorn** Animated family adventure. (2011, PG, 106min) ★★★★★
11.05 **Madagascar** Animated comedy. (2005, U, 86min) ★★★★

12.45 AM **Open Season: Scared Silly** Animation. (2015, PG) ★★★
2.20 **Teen Titans Go! to the Movies** Animation. (2018, PG) ★★★
3.55 **Buffalo Kids** Animation. (2024, U, 79min) ★★★
5.30 **to 7.15** AM **Piece by Piece** Animation. (2024, PG) ★★★

Movies 24

312 313 419

7.00 AM **The Engagement Back-Up** Comedy. (2022, PG, 91min) ★★
9.00 **The Real West** Romantic comedy. (2024, PG, 84min) ★★
11.00 **A Bridesmaid in Love** Comedy. (2022, PG, 87min) ★★
1.00 PM **Something New: A Teagarden Mystery** Drama. (2023, U, 87min) ★★
3.00 **The Best Version of Love** Comedy. (2023, PG, 86min) ★★

5.00 **Styled with Love** Romantic comedy. (2022, PG, 89min) ★★
7.00 **Paging Mr Darcy** Drama starring Mallory Jansen. An academic attends a Jane Austen conference, and seeks the aid of a Mr Darcy impersonator. (2024, PG, 84min) ★★
9.00 **An American in Austen** Comedy starring Eliza Bennett. A Jane Austen fan is transported into the world of *Pride and Prejudice*, and tries to avoid changing the plot. (2024, PG, 84min) ★★

11.00 **A Fabled Holiday** Romantic fantasy. (2022, PG, 90min) ★★
1.00 AM **Return to Office** Romantic drama. (2025, PG, 84min) ★★
3.00 **to 5.00** AM **Eat, Love, London** Drama. (2024, PG, 90min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Dick Tracy's Dilemma** Drama. (1947, b/w, PG) ★★★
7.15 **Things to Come** Sci-fi fantasy. (1936, b/w, PG, 113min) ★★★★
9.05 **High Lonesome** Western. (1950, b/w, PG, 81min) ★★
10.45 **The Beverly Hillbillies** (S2)
11.15 **The Switch** (1963, b/w, U) ★★
12.40 PM **Batman** 47/60. (S2)
1.10 **Charade** Romantic comedy. (1963, PG, 114min) ★★★★★

3.30 **The Vise** 33/39. (S1)
4.00 **The Man from UNCLE** (S1)
5.00 **The Footage Detectives**
6.00 **Steam Beyond the Solent**
6.20 **The Late Edwina Black** Thriller. (1951, b/w, PG, 78min) ★★
8.00 **Memories of Making Sergeant Cork** With William Gaunt.
8.05 **Sergeant Cork** 8/8. (S2)
9.10 **Who Do You Do?**
9.45 **The Haunting of Julia** Horror starring Mia Farrow and Keir Dullea. (1977, 15, 98min) ★★
11.45 **The Heritage Chart Show**

12.50 AM **Force on Thunder Mountain** Adventure. (1977, U, 93min) ★
2.45 **The Fabulous Dorseys** Musical. (1947, b/w, U, 91min) ★★
4.30 **The Adventures of Robin Hood**
5.00 **The Buccaneers** 3/39. (S1)
5.30 **to 6.00** AM **The Adventures of William Tell**

Sunday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports Catch Up**
7.00 **Goals on Sunday**
7.30 **LIVE DP World Tour Golf** Coverage of the fourth day of the Dubai Invitational staged at Dubai Creek Golf & Yacht Club.
12.30 PM **Super Sunday Matchday**
1.00 **LIVE Super Sunday Wolverhampton Wanderers v Newcastle United.** Coverage of the Premier League match from Molineux. Kick-off **2.00pm**.
4.00 **LIVE Super Sunday Aston Villa v Everton.** Coverage of the Premier League encounter from Villa Park. The reverse fixture back in September ended in a drab 0-0 draw at the Hill Dickinson Stadium, which left Villa 19th in the table after four matches and without a goal after 360 minutes of football in the league. Kick-off **4.30pm**.
7.30 **LIVE NFL** Coverage of the third Divisional play-off match, as the teams compete for a place in the Conference Championships.
11.30 **LIVE NFL** Coverage of the fourth Divisional play-off match.
3.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **Premier League Highlights**
9.00 **The Sunday Supplement**
11.00 **Super Sunday Matchday**
1.00 PM **LIVE Super Sunday Wolverhampton Wanderers v Newcastle United.** The Premier League match from Molineux. Newcastle's Nick Woltemade scored on his debut for the club in the reverse fixture in September as the Magpies picked up their first victory of their Premier League season. Kick-off **2.00pm**.
4.00 **LIVE Super Sunday Aston Villa v Everton.** Coverage of the Premier League match from Villa Park. Kick-off **4.30pm**.
7.30 **Transfer 360** Gareth Barry.
8.00 **Premier League Highlights** Action from Manchester United v Manchester City at Old Trafford.
8.30 **The Big Interview**
9.00 **Premier League Stories**
9.30 **Transfer 360** Gareth Barry.
10.00 **Premier League Highlights**
12.30 AM **Transfer 360**
1.00 **Premier League Highlights**
2.30 **Transfer 360** Gareth Barry.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Highlights**
11.00 **EFL Cup Highlights**
12.00 NOON **EFL Highlights**
3.00 PM **EFL Cup Highlights**
4.00 **Scottish Football VAR Review**
4.30 **EFL Highlights** Championship.
7.00 **EFL League One Goals**
7.30 **EFL League Two Goals**
8.00 **EFL Highlights** Sheffield Wednesday v Portsmouth.
8.15 Southampton v Hull City.
8.30 Stoke City v QPR.
8.45 Wrexham v Norwich City.
9.00 Highlights from Swansea City v Birmingham City.
9.15 **EFL Highlights** West Bromwich Albion v Middlesbrough.
9.30 Coventry City v Leicester City.
9.45 Ipswich Town v Blackburn Rovers from Portman Road.
10.00 Watford v Millwall.
10.15 Charlton v Sheffield United.
10.30 **EFL League One Goals**
11.00 **EFL League Two Goals**
11.30 **EFL Greatest Games**
12.00 M'T **Championship Retro**
2.45 AM **EFL Greatest Games**
4.00 **EFL Cup Retro** The 2014 final.
5.00 **Craig Brown: My Scotland**
5.30 **to 6.00** AM **Jimmy Glass: The Great Escape**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **Big Bash League**
8.00 **Best of Jimmy Anderson: 500th Wicket** From 2017.
8.10 **LIVE Big Bash League Brisbane Heat v Sydney Sixers.** The T20 match at the Gabba.
11.30 **Best of England v South Africa**
11.45 **Best of ICC WT20**
12.00 NOON **Best of England v South Africa** Action from 2011.
12.15 PM **Best of Jimmy Anderson: 500th Wicket** From 2017.
12.25 **SA20** Tournament highlights.
1.20 **LIVE SA20 Sunrisers Eastern Cape v MI Cape Town.** Coverage of the T20 match held at St George's Park.
5.00 **Big Bash League**
7.00 **SA20** Highlights of Sunrisers Eastern Cape v MI Cape Town.
8.00 **Big Bash League** Action from Brisbane Heat v Sydney Sixers.
9.00 **SA20** Highlights of Sunrisers Eastern Cape v MI Cape Town.
10.00 **Big Bash League**
12.00 M'T **ICC Men's T20 World Cup**
2.00 AM **Big Bash League**
5.20 **Best of Jimmy Anderson: 500th Wicket** From 2017.
5.30 **Best of England v South Africa**
5.45 **to 6.00** AM **Best of ICC WT20**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **Nick Dougherty's Tee Time Tips** Expert golfing advice.
6.30 **DP World Tour Golf**
7.30 **LIVE DP World Tour Golf** Coverage of day four of the Dubai Invitational staged at Dubai Creek Golf & Yacht Club. This is just the second edition of this competition, and the first tournament was won by Tommy Fleetwood who finished one stroke clear of Thriston Lawrence and Rory McIlroy.
12.30 PM **PGA Tour Golf**
3.30 **You Can Play Golf**
4.00 **LIVE Latin America Amateur Championship** Coverage of day four from Lima Golf Club in Peru.
7.00 **LIVE PGA Tour Golf** Coverage of the featured groups on the fourth day of the Sony Open in Hawaii staged at the Waialae CC.
12.00 M'T **LIVE PGA Tour Golf** Further coverage of the fourth and final day of the Sony Open in Hawaii staged at the Waialae CC.
3.00 AM **PGA Tour Golf**
4.00 **Nick Dougherty's Tee Time Tips**
5.00 **to 6.00** AM **Chronicles of a Champion Golfer**

TNT Sports 1

410 413 521 408 430

6.00 AM **LIVE Australian Open** Day one of the opening Grand Slam of the season staged at Melbourne Park. *See feature, page 28.*
11.45 **LIVE Alpine Skiing** Run two of the men's slalom from Wengen.
1.00 PM **UEFA Champions League**
1.30 **LIVE Women's FA Cup Arsenal v Aston Villa.** The fourth-round tie staged at Mangata Developments Stadium, Meadow Park. Kick-off **2.00pm**.
4.30 **FA Cup: The People's Story**
6.00 **UEFA Europa League & Conference League Magazine**
6.30 **Serie A** Cagliari v Juventus.
7.30 **LIVE Serie A AC Milan v Lecce.** Coverage of the Italian top-flight match from the San Siro. Kick-off **7.45pm**.
9.45 **Inside Serie A**
10.45 **TNT Sports Reload**
11.00 **The Breakdown**
11.30 **The Match That Changed Tennis** Documentary on the 1973 'Battle of the Sexes'.
12.30 **to 6.00** AM **LIVE Australian Open** Coverage of day two of the opening Grand Slam event of the season, featuring first-round matches at Melbourne Park.

TNT Sports 2

411 414 522 409 431

6.00 AM **LIVE Isuzu UTE A-League Sydney FC v Wellington Phoenix.** The Australian top-flight match staged at Allianz Stadium in Sydney. Kick-off **6.00am**.
8.00 **Reframe the Game**
8.15 **Alpine Skiing** In Tarvisio, Italy.
8.45 **LIVE Alpine Skiing** Run one of the men's slalom from Wengen.
10.15 **LIVE Alpine Skiing** Coverage of the women's Super G in Tarvisio.
12.15 PM **The Breakdown**
12.45 **LIVE Snooker Masters** The opening session of the final at Alexandra Palace in London, played over the best of 19 frames.
4.00 **TNT Sports Reload**
4.30 **Isuzu UTE A-League**
5.30 **Unbreakable: England 2003**
6.45 **LIVE Snooker Masters** The second session of the final from Alexandra Palace in London, played over the best of 19 frames.
10.00 **Roll the Tape** Ronnie O'Sullivan.
11.00 **One-Day International Cricket** Action from India v New Zealand.
12.00 M'T **Adobe Women's FA Cup**
1.00 AM **Serie A** AC Milan v Lecce.
2.00 **Snooker Masters**
4.00 **Fishing: On the Bank**
5.00 **to 6.00** AM **WRC Review**

Sky Sports NFL

412 410 517 507 426 446

6.00 AM **NFL Highlights**
10.00 **NFL Bitesize Highlights**
11.00 **NFL Highlights**
12.00 NOON **NFL Bitesize Highlights**
1.00 PM **NFL Highlights**
4.00 **NFL Gameday** The latest news.
7.30 **LIVE NFL** Coverage of the third Divisional play-off match, as the teams compete for a place in the Conference Championships. The Philadelphia Eagles beat the Los Angeles Rams 28-22 at this stage last season, scoring all but three of their points in the first and fourth quarters of the game at Lincoln Financial Field that took place during heavy snow.
11.30 **LIVE NFL** Coverage of the fourth Divisional play-off match, as the teams compete for a place in the Conference Championships. A narrow 27-25 victory for the Buffalo Bills over the Baltimore Ravens in the corresponding match last season set up a tantalising AFC Championship Game encounter for the Bills against the Kansas City Chiefs, the fourth time they would face each other in the last five seasons.
3.00 **to 6.00** AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **Sky Sports Catch Up**
7.00 **Best of England v South Africa**
7.15 **LIVE ICC Under-19s World Cup Cricket Zimbabwe v England.** Coverage of the Group C match staged at Takashinga Sports Club in Harare. Both these teams were eliminated at the Super 6 stage when the competition was last held two years ago in South Africa, finishing sixth and fourth respectively in Group Two, but both teams will be hopeful of improving this time around.
3.00 PM **Sports Sunday** A round-up of the latest news.
8.00 **Sky Sports Catch Up** A round-up of the day's sports news, featuring interviews with players and managers making headlines.
1.00 AM **Big Bash League** Sydney Thunder v Melbourne Renegades from ENGIE Stadium in Sydney.
2.00 **SA20** Highlights from Pretoria Capitals v MI Cape Town at SuperSport Park in Centurion.
3.00 **World Darts Championship** Highlights of the semi-finals and final at Alexandra Palace, London.
5.00 **to 6.00** AM **Big Bash League**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **ATP/WTA Tour Classics**
7.00 **WTA & ATP Tennis**
2.00 PM **United Cup Tennis** The final.
4.00 **ATP Tennis** The Hong Kong Open and Auckland Open finals.
6.00 **WTA Tennis** Hobart Open final.
7.00 **WTA & ATP Tennis** Highlights from the Adelaide Open finals.
9.00 **ATP Tennis** Auckland Open final.
10.00 **WTA Tennis** Hobart Open final.
11.00 **WTA & ATP Tennis** Highlights from the Adelaide Open finals.
1.00 **to 6.00** AM **US Open**

Sky Sports Mix

416 412 510 429 449

6.00 AM **SA20** Highlights.
7.00 **Best of England v South Africa**
7.15 **LIVE ICC Under-19s World Cup Cricket Afghanistan v West Indies.** Coverage the Group D match staged at High Performance Oval in Windhoek, Namibia.
3.00 PM **NFL Bitesize Highlights**
3.30 **Best of England v South Africa**
3.45 **Best of ICC WT20**
4.00 **SA20** Tournament highlights.
5.00 **Best of England v South Africa**
5.15 **Best of ICC WT20**
5.30 **SA20** Joburg v Pretoria.
6.30 **NFL Bitesize Highlights**
7.00 **ATP Tennis** Auckland Open final.
8.00 **DP World Tour Golf** Action from day four of the Dubai Invitational.
9.00 **Big Bash League** Highlights of Brisbane Heat v Sydney Sixers.
10.00 **WTA & ATP Tennis**
1.00 AM **NFL Highlights**
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **DP World Tour Golf**

TNT Sports 3

413 415 523 410 432

6.00 AM **LIVE Australian Open** Day one of the opening Grand Slam of the season, featuring first-round matches at Melbourne Park.
1.30 PM **UEFA Europa League & Conference League Magazine**
2.00 **LIVE Cyclocross** The men's World Cup from Benidorm.
3.30 **UEFA Champions League**
4.00 **Training Day** Forest Green.
4.30 **Ski Jumping World Cup**
5.00 **Alpine Skiing** Highlights.
6.30 **The WRC Magazine**
7.00 **WRC Review** Highlights.
9.00 **One-Day International Cricket** India v New Zealand in the third and final ODI at Holkar Stadium.
10.00 **Training Day** A look at Robbie Savage's Forest Green Rovers.
10.30 **The WRC Magazine**
11.00 **Australian Open** The first day.
12.30 **to 6.00** AM **LIVE Australian Open** Coverage of day two of the opening Grand Slam event of the season held at Melbourne Park.

TNT Sports 4

414 416 524 411 434

6.00 AM **LIVE Australian Open** Coverage of day one of the opening Grand Slam event of the season, featuring first-round matches held at Melbourne Park.
1.00 PM **LIVE One-Day International Cricket India v New Zealand.** Coverage of the third and final ODI held at Holkar Stadium. These two sides last met in an ODI series back in January 2023, when the hosts won a three-match contest 3-0.
4.30 **TNT Sports Cricket Reload**
5.00 **Fishing: On the Bank**
6.00 **Australian Open** The first day.
7.30 **Playing for Our Future**
8.45 **TNT Sports Cricket Reload**
9.00 **Ultimate Pool** Recent action.
10.30 **The Breakdown**
11.00 **Premier League**
12.30 **to 6.00** AM **LIVE Australian Open** Coverage of day two of the opening Grand Slam event of the season held at Melbourne Park.

Premier Sports 1

419 551

6.00 AM **NHL: This is Hockey**
6.30 **Eredivisie** PEC Zwolle v AZ.
8.30 **LaLiga** Mallorca v Athletic Bilbao.
10.30 **Challenge Cup**
12.30 PM **LIVE Champions Cup Bristol Bears v Bordeaux Begles.** The Pool Four match at Ashton Gate. Kick-off **1.00pm**.
3.00 **LIVE Champions Cup Northampton Saints v Scarlets.** Pool Four action. Kick-off **3.15pm**.
5.15 **LIVE Scottish Cup Football Auchinleck Talbot v Celtic.** The fourth-round tie staged at Rugby Park. Kick-off **5.30pm**.
8.15 **LaLiga Match Highlights**
8.30 **Football's Greatest**
9.00 **NHL on the Fly** The latest news.
10.00 **Sporting Greats**
11.00 **LaLiga** Atletico Madrid v Alaves.
1.00 AM **LIVE NHL Ice Hockey Edmonton Oilers v St Louis Blues.** Face-off is at **1.00am**.
4.00 **Sporting Greats**
5.00 **to 6.00** AM **NHL Tonight**

Premier Sports 2

420 552

6.00 AM **FastZone** Motorsports.
6.30 **Champions Cup**
8.25 **Bike World** Magazine.
8.55 **LaLiga** Osasuna v Oviedo.
10.50 **Champions Cup**
12.45 PM **LIVE Challenge Cup Exeter Chiefs v Cardiff.** The Pool Three match. Kick-off **1.00pm**.
3.00 **LIVE Champions Cup La Rochelle v Harlequins.** Pool Three match. Kick-off **3.15pm**.
5.15 **LIVE Champions Cup Glasgow Warriors v Saracens.** Pool One action. Kick-off **5.30pm**.
8.00 **LIVE LaLiga Real Sociedad v Barcelona.** The Spanish top-flight match held at Reale Arena. Kick-off **8.00pm**.
10.00 **LIVE NHL Ice Hockey Detroit Red Wings v Ottawa Senators.** Face-off **10.00pm**.
1.00 AM **NHL: This is Hockey**
1.30 **Football** Highlights and features.
4.00 **to 6.00** AM **NHL Ice Hockey**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **The Best of F1 2025**
7.00 **F1 Explained**
8.00 **Formula 1** British Grand Prix.
10.25 **F1 Explained: Lighting**
10.30 **Formula 1** Action from 2025.
3.00 PM **Formula 1** The 2025 Italian Grand Prix held at Monza Circuit.
4.55 **Formula 1** A chance to see the 2025 Mexico City Grand Prix at Autodromo Hermanos Rodriguez.
7.15 **Formula 1** A chance to see the 2025 São Paulo Grand Prix.
9.30 **Formula 1** The 2025 Abu Dhabi Grand Prix at Yas Marina Circuit.
11.45 **Brad Pitt Drives a McLaren**
12.00 M'T **F1 Explained**
1.00 **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Monday

19 January

Evening Planner

Football

Premier League

Sky Sports Main Event & Sky Sports Premier League, kick-off 8pm

Coverage of the south-coast clash between Brighton and Bournemouth.

Fantasy Drama

A Knight of the Seven Kingdoms

Sky Atlantic, 9pm

Game of Thrones spin-off following the story of a knight-errant in Westeros.

Documentary

Arctic Adventure: Ultimate Survival

C4, 10pm

Four military veterans including Jason Fox (above) take on an icy challenge.

OnDemand

NETFLIX

Sandokan: The Pirate Prince

Available today

Swashbuckling Italian adventure about a pirate sailing the seas of Southeast Asia.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Panorama	8.30 Lynley			10.00 News; Local News	10.40 Industry
	102 BBC2	7.00 Global Eye	7.30 Celebrity...	8.00 Only Connect	8.30 University...	9.00 Lucy Worsley's Victorian Murder Club		10.00 Mortimer &...	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Fletchers'...	8.00 Emmerdale	8.30 Coronation...	9.00 After the Flood		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Jamie's Feasts for a Fiver		9.00 Celebrity SAS: Who Dares Wins		10.00 Arctic Adventure: Ultimate Survival	
	105 5	7.00 Motorway Cops: Catching Britain's...		8.00 Police Interceptors		9.00 Police: Suspect No 1		10.00 Inside the Force 24/7	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 Whale with Steve Backshall		9.00 Film: The Bourne Supremacy			
ENTERTAINMENT	115 BBC3	7.05 SpongeBob...	7.30 Deadly 60	8.00 Top Gear		9.00 The Beauty Queen and the Catfish			
	116 BBC4	7.00 Wild China		8.00 Art of Persia		9.00 Call My Bluff	9.30 Face the Music	10.00 I Am Martin Parr	
	118 ITV2	7.00 Deal or No Deal		8.00 The Real Housewives of Orange County		9.00 Love Island: All Stars		10.05 The 1% Club	
	136 MORE4	‹ 6.55 Car S.O.S.		7.55 The Dog House		9.00 Our Farm Next Door: Amanda, Clive...		10.00 Supercruising: Life at Sea	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 First Dates		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Police 24/7		8.00 Law & Order: Criminal Intent		9.00 Blue Bloods		10.00 The Equalizer	
	108 SKY ATLANTIC	‹ 6.55 Game of Thrones				9.00 A Knight of the Seven Kingdoms		9.55 The Last of Us	
	110 U&GOLD	‹ 6.40 Open...	7.20 Dad's Army: The Lost...	8.00 Fawlty Towers				10.00 Men Behaving...	10.35 Fawlty...
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Midsomer Murders				10.00 Foyle's War	
	120 ITV4	‹ 4.00 World Series of Darts – Live		8.00 The Motorbike Show		9.00 Film: The Terminator			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Out of Order		10.00 Jack Whitehall Gets Around	
	152 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Grimm			
	113 SKY MAX	7.10 Stargate SG-1			8.15 Never Mind the Buzzcocks	9.00 A League of Their Own: Mexican...		10.00 An Idiot Abroad	
	109 U&ALIBI	7.00 Miss Fisher's Murder Mysteries		8.00 Death in Paradise					10.20 Father Brown
	124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 André Rieu & the Dutch Royal Family				10.00 Classic FM Live: 25th Anniversary...	
	132 U&W	7.00 My Kitchen Rules: South Africa		8.00 The Supervet: Noel Fitzpatrick		9.00 Pete Wicks: For Dogs' Sake		10.00 The Supervet: Puppy Special	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers		8.00 Scrapyard Dynasty		9.00 Secrets Underground		10.00 Expedition Unknown	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Mountain Monsters		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People: Bushcraft...	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Car S.O.S.				10.00 Engineering Europe	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 American Pickers		9.00 Gold Wars Downunder		10.00 Hells Angels: Kingdom Come	
	155 U&YESTERDAY	7.00 Great Canal Journeys		8.00 Sacred Rivers with Simon Reeve		9.00 Russia with Simon Reeve		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 History of the Sitcom				9.00 Chimp Crazy			
FILMS – Sky Cinema	301 PREMIERE	‹ 6.20 Smurfs		8.00 The Ballad of Wallis Island				9.45 Nuremberg	
	302 FEEL GOOD	‹ 6.00 Yesterday		8.00 School of Rock				10.00 Ferris Bueller's Day Off	
	303 BRIT HITS	‹ 6.05 RocknRolla		8.00 Layer Cake				10.00 A Clockwork Orange	
	304 GREATS	‹ 6.15 Singin' in the Rain		8.00 Shirley Valentine				9.50 Alfie	
	305 ANIMATION	7.15 Rock Dog				8.55 Buffalo Kids			10.30 Piece By Piece
	306 FAMILY	‹ 6.00 Hook			8.30 The Amazing Spider-Man 2				
	307 ACTION	‹ 5.15 Transformers: Age of Extinction		8.00 Mission: Impossible – The Final Reckoning					
	308 COMEDY	‹ 6.25 Disaster Movie		8.00 White Chicks				10.00 We're the Millers	
	309 THRILLER	‹ 5.40 The Bourne Legacy		8.00 Jason Bourne					10.10 Escape from Alcatraz
	310 DRAMA	‹ 5.50 Cool Hand Luke		8.00 Jerry Maguire					10.25 P.S. I Love You
	311 SCI-FI	‹ 6.05 A Quiet Place: Day One		8.00 Dune: Part Two					
	313 FILM4	‹ 6.40 Jumanji: The Next Level				9.00 The Contractor			
SPORT	401 MAIN EVENT	‹ 6.30 MNF – Live: Brighton & Hove Albion v Bournemouth (Kick-off 8.00)							
	402 PREMIER LEAGUE	‹ 6.30 MNF – Live: Brighton & Hove Albion v Bournemouth (Kick-off 8.00)							
	403 FOOTBALL	‹ 6.30 Bundesliga...	7.30 EFL Goals		8.30 EFL Highlights				10.30 Bundesliga...
	405 CRICKET	7.00 SA20		8.00 WPL		9.00 SA20		10.00 Big Bash League	
	410 TNT SPORTS 1	‹ 6.00 Ultimate Pool – Live: Coverage of Group Three of the Women's Champions League					9.30 Isuzu UTE...	10.00 A-League...	10.30 UEFA Magazine
	411 TNT SPORTS 2	‹ 6.00 Australian...	7.30 WRC Magazine	8.00 WRC Review		9.00 Fishing: On the Bank		10.00 Snooker Masters	

‹ Denotes programmes starting before 7.00pm † Regions vary

MONDAY

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Monday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Rip Off Britain** New edition (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Lost and Found in the Lakes** New edition Two heirlooms. (S)(AD)
2.30 **Animal Park** (S)(R)(AD)
3.00 **Escape to the Country** New edition Richie Anderson helps a retiree find her dream home by the sea in Devon. (S)
3.45 **Garden Rescue** (S)(R)
4.30 **The Travelling Auctioneers** New edition Military antiques. (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

4.30 The Travelling Auctioneers

7 PM

7.00 **The One Show** Alex Jones and Roman Kemp present the topical show. (S)
7.30 **EastEnders** Jasmine goes with Kat to visit Zoe in prison, while Priya insists that Nugget must move into Ravi's flat. (S)(AD)

8 PM

8.00 **Panorama: Maxed Out – The Credit Card Trap** Iona Bain investigates the hidden dangers of easy credit. (S)
8.30 **Lynley** New episode *Careless in Red:* 3/4. DCI Lynley discovers the body of a young man whilst out for his morning run. Further investigation leads to numerous suspects and secrets being held for generations. Guest stars Sienna Guillory. (S1) (S)(AD)
■ Entire series on BBC iPlayer

9 PM

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Industry** New episode *The Commander and the Grey Lady:* 2/8. Yasmin plans a big celebration for Henry's birthday. Whitney seeks Henry out and makes him an offer that would see him return to the public stage. (S4) (S)(AD)
11.40 **FILM** **What's Love Got to Do with It?** Romantic comedy starring Lily James and Shazad Latif. As her childhood friend prepares for an arranged marriage, film-maker Zoe decides to document his journey from London to Lahore. (S)(AD) (2022, 12, 105min) ★★★
1.25 AM **Weather for the Week Ahead** Seven-day forecast. (S)
1.30 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.15 AM **Bargain Hunt** (S)(R)
7.00 **Sign Zone: Antiques Roadshow** Fiona Bruce hosts from Hill of Tarvit Mansion & Garden in Fife. (S)(R)
8.00 **Match of the Day** (S)(R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **LIVE** **Bowls: World Indoor Championships** Coverage from Potters Resorts at Hopton-on-Sea, featuring the open pairs final and Jason Banks v Wayne Roberts in the last 32 of the open singles. (S)
5.15 **Flog It!** From Manchester. (S)(R)
6.00 **Richard Osman's House of Games** New edition With Nadia Jae, Tamzin Outhwaite, Steen Raskopoulos and Nigel Planer. (S)
6.30 **Robson Green's Weekend Escapes** New edition Robson is joined by Chris Kamara. (S)(AD)

9.00 Victorian Murder Club

7.00 **Global Eye** Featuring investigations from BBC correspondents across the world. (S)
7.30 **Celebrity Mastermind** New edition With James Cracknell, Jen Brister, Craig Rowe and Bradley Riches. (S)

8.00 **Only Connect** New edition The losing semi-finalists battle it out in the third-place play-off. (S)
8.30 **University Challenge** New edition Amol Rajan asks the questions in the second quarter-final. (S)

9.00 **Lucy Worsley's Victorian Murder Club** Series finale 3/3. The historian examines a murder from 1902, and her hunt for the serial killer ends with a convincing prime suspect. (S)(AD)
■ Entire series on BBC iPlayer

10.00 **Mortimer & Whitehouse: Gone Fishing** 4/6. Bob and Paul fish for crucian carp at Sutton Lake in Shropshire. (S)(R)(AD)
10.30 **Newsnight** (S)

11.00 **FILM** **The Souvenir** Semi-autobiographical drama starring Honor Swinton Byrne. (S) (2019, 15, 115min) ★★★★★
12.55 AM **FILM** **The Souvenir Part II** Drama sequel starring Honor Swinton Byrne and Tilda Swinton. (S) (2021, 15, 100min) ★★★★
2.35 **Sign Zone: Countryfile** Matt Baker and Margherita Taylor explore Northumberland. (S)(R)
3.30 **Sign Zone: The Traitors** (S)(R)(AD)
4.35 **to 6.30** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.30 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** New edition David Dickinson and his team are in Nottingham, where a Pablo Picasso etching attracts plenty of interest. (S)(AD)
3.00 **Time Is Money** New edition Quiz show hosted by Sara Davies. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as contestant Uche tries to open the 22 red boxes in the right order. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 After the Flood

7.30 **Fletchers' Family Farm** Actor and TV presenter Kelvin Fletcher and his family give an insight into rural life, beginning in the midst of their busiest lambing season ever. (S)(R)(AD)

8.00 **Emmerdale** The first of three episodes focusing on the suspects in Ray's murder. (S)(AD)
8.30 **Coronation Street** Will frets over Megan's health, while Jodie confronts Shona about their past. (S)(AD)

9.00 **After the Flood** New episode 2/6. As Jo and Sam struggle to find a link between Xav Palmer and Todd Drake, the discovery of the murder weapon shifts attention to the prominent landowning Benson family. (S2) (S)(AD)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **The Murder of Alex Rodda: Social Media Murders** The story of the killing of 15-year-old Alex Rodda, who was groomed online by Matthew Mason, who murdered Alex as he wanted to keep their relationship secret. (S)(R)(AD)
11.35 **Heathrow: Britain's Busiest Airport** Security officer Estafania scrutinises the contents of passengers' luggage. (S)(R)(AD)
12.00 M'T **Teleshopping**
3.00 AM **Long Lost Family: The Mother and Baby Home Scandal** (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 7-9/25. (S6) (S)(R)
7.50 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 3-6/24. (S9) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** New edition In France, Craig and Emma turn a historic hotel into guest apartments. (S)
5.00 **Junior Bake Off** New edition Harry Hill hosts the first day of Finals Week, as the four best bakers from each heat collide in the tent for Mash-Up Day. (S)
6.00 **A Place in the Sun** New edition Two teachers look for a property in Cómpeta in southern Spain. (S)

8.00 Jamie's Feasts for a Fiver

7.00 **News** (S)

8.00 **Jamie's Feasts for a Fiver** New edition Jamie Oliver demonstrates a clever way to use the most economical cut of chicken to create Italian-inspired Caprese chicken burgers. He is joined by guest chef Anissa Helou. (S)(AD)

9.00 **Celebrity SAS: Who Dares Wins** New edition The recruits endure a brutal mountain ascent before facing a high-wire traverse 165 feet above a canyon. Plus, Billy introduces the death letter ritual. (S)(AD)

10.00 **NEW SERIES** **Arctic Adventure: Ultimate Survival** In the Arctic Circle, an elite team of military veterans open up about mental health as they take on one of the world's toughest ultramarathons. *See feature, page 20.* (S)(AD)

11.05 **Celebrity Gogglebox** (S)(SL)(R)
12.05 AM **Taskmasterclass** (S)(SL)(R)
1.00 **Ramsay's Kitchen Nightmares USA** Catch-up edition. (S)(SL)(R)
1.50 **Celebrity SAS: Who Dares Wins** A recruit ignores orders. (S)(SL)(R)
2.45 **David Baddiel: Cat Man** (S)(R)
3.40 **Kirstie and Phil's Love It or List It**
4.35 **Food Unwrapped's Deep South Adventure** (S)(R)(AD)
5.00 **Hollyoaks Omnibus** (S)(SL)(R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **The Madame Blanc Mysteries** 6/7. Jeremy's rocker friend is murdered, so Jean attempts to find the killer. (S2) (S)(R)(AD)
4.00 **Bargain-Loving Brits in the Sun** New edition Tribute singer Paige takes on her first-ever half marathon. (S)
5.00 **News** (S)
6.00 **The Travel Show: How to Have a Great Holiday** Reports from Sydney Opera House, a Sri Lankan spa and an animal sanctuary in Tasmania. (S)(R)
6.55 **News** (S)

9.00 Police: Suspect No 1

7.00 **Motorway Cops: Catching Britain's Speeders** In Sunderland, PC Will Hunter tracks down a suspect who escaped on foot after ditching his vehicle. (S)(R)
7.55 **News** (S)

8.00 **Police Interceptors** New edition Callum faces a race against time to help an off-duty colleague who has been headbutted and punched while grappling to detain a suspected shoplifter in a supermarket. (S)

9.00 **Police: Suspect No 1** New edition Police head off in pursuit of two people thought to be involved in a violent road rage incident in Ellesmere Port after they fled on a motorcycle at dangerously high speeds. (S)

10.00 **Inside the Force 24/7** PCs Tash Nicholls and Nancie Mitten are called to a domestic incident in which a man is having a drug-induced psychotic episode after taking £400 worth of cocaine. (S)(R)

11.05 **Traffic Cops** Officers pursue a motorist who failed to stop after a driving licence check revealed he has no insurance. (S)(R)
12.05 AM **Police Interceptors** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Rich House, Poor House** (S)(R)
3.50 **Save Money on Your Supermarket Shop** (S)(R)
4.35 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 | 109 | 340 | 355

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S6) (S)(R)
11.00 **Coral City** (S)(R)
12.00 NOON **The Flash** (S8) (S)(R)
1.00 PM **Hawaii Five-0** (S9) (S)(R)
3.00 **S.W.A.T.** 20/21. (S3) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S13) (S)(R)
5.00 **The Simpsons** *The Very Hungry Caterpillars:* A plague of insects shuts down Springfield. (S)(R) **5.30** *Hostile Kirk Place:* Kirk goes on a crusade to censor the school curriculum. (S)(R)
6.00 **The Office (US)** 17/25. Oscar attends the funeral of Dwight's Aunt Shirley. (S)(R) **6.30** 18/25. The employees get hold of some promos for the documentary. (S9) (S)(R)

8.00 Whale with Steve Backshall

7.00 **The Simpsons** *Clown v Board of Education:* Krusty opens his own school for clowning. (S)(R) **7.30** *Homer's Adventure Through the Windshield Glass:* Homer flies through the windscreen of his car. (S)(R)

8.00 **Whale with Steve Backshall** 2/4. Steve takes a look at the ingenious hunting strategies of whales and dolphins, using sound, skill, teamwork and strategy to catch their prey. (S)(R)(AD)

9.00 **FILM The Bourne Supremacy** Spy thriller sequel based on the novel by Robert Ludlum, starring Matt Damon. Former CIA assassin Jason Bourne is now living in hiding in Goa with his girlfriend Marie. But their idyll is shattered when a Russian hit-man turns up on the scene, forcing Bourne to leave India for Europe in an effort to discover why his enemies still want to kill him. With Franka Potente. (S) (2004, 12, 108min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.00 **The Essex Murders: Who Killed Goldfinger?** 1/3. Investigating the unsolved 2015 murder of John Palmer. (S)(R)
12.00 M'T **Curb Your Enthusiasm** 5&6/10. Double bill. (S7) (S)(R)
1.10 AM **The Force: North East** (R)
2.05 **Road Wars** (S)(R)
3.00 **S.W.A.T.** 20/21. (S3) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S13) (S)(R)
5.00 **to 6.00** AM **Stop, Search, Seize** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
11.40pm Scotcast (S)(R) **12.10am** FILM What's Love Got to Do with It? (S)(AD) (2022, 12, 105min) ★★★ **1.55** Weather for the Week Ahead (S) **2.00-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
8.00-8.30pm House of the Year New edition (S) **10.40** Panorama: Maxed Out: The Credit Card Trap **11.10** Industry New episode (S)(AD) **12.10am** FILM What's Love Got to Do with It?: As Scotland. **1.55-6.00am** BBC News

WALES
Sky 965, Virgin 864, Freesat 965
7.00-7.30pm Bear Grylls: Wild Reckoning New edition (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00-10.30pm Bog Amach (S)(R)

WALES
Sky 968, Freesat 968
7.00-7.30pm The One Show (S)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Sain Ffagan **12.30** Heno **1.00** Jason Mohammad: Stadiymau'r Byd **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Cyfrinachau'r Llyfrgell **4.00** Awr Fawr **5.00** Stwnsh **5.45** Newyddion Ni **6.00** Cartrefi Cymru **6.30** Rownd a Rownd (AD) **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Gwlad y Basg: Gwilym Bowen Rhys New edition **8.25** Rhys Patchell: Japan a'r Gic Olaf **8.55** Newyddion a'r Tywydd **9.00** Ffermio New edition **9.35** Y Cyfweliad **10.10** Sgwrs Dan y Lloer **10.40-11.45pm** Troseddau Cymru Gyda Sian Lloyd (AD)

TV&Satellite week
New issue on sale tomorrow

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **SpongeBob SquarePants** SpongeBob decides to buy himself a self-driving car. **7.15** Patrick thinks he is an old man so SpongeBob tries to remind him how fun being a kid can be.
7.30 **Deadly 60** In South Africa, Steve Backshall has a tense encounter with a hippo.
8.00 **Top Gear** Richard Hammond drives a pair of Lamborghinis in Italy.
9.00 **The Beauty Queen and the Catfish** 1/3. The story of nurse Adele Rennie. **9.45** 2/3. Abbie Draper takes her findings to the police. **10.30** 3/3. The victims finally have justice, but are left searching for answers.
11.15 **Stacey Dooley: Inside the Convent**
12.15 AM **Missing in Paradise: Searching for Sarm**
1.45 **Top Gear** As 8.00pm.
2.45 **The Fast and the Farmer-ish** Double bill.
3.45 **to 3.55** AM **Press X to Continue**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Food Unwrapped**
9.30 **Find It, Fix It, Flog It**
10.30 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **A Place in the Sun** Laura Hamilton helps two house-hunters on the Portugese island of Madeira.
5.55 **Car S.O.S** Tim Shaw and Fuzz Townshend take on a 1988 Fiat Uno Turbo.
6.55 **Car S.O.S** Tim and Fuzz head to Huddersfield to rescue a 1992 VW Corrado.
7.55 **The Dog House** Chihuahuas Bear and Dave try to convince seven-year-old husky-fan Ollie that two little dogs are better than one.
9.00 NEW SERIES **Our Farm Next Door: Amanda, Clive and Kids** After a busy lambing season, the sheep return to the moor in the spring, and Amanda takes the chance to dig deeper into the recently transcribed Anthony Clarkson diary.
10.00 **Supercruising: Life at Sea** 7/8. The MS *Nieuw Statendam* drops anchor at the private island of Half Moon Cay in the Bahamas.
11.05 **24 Hours in A&E**
12.05 AM **Our Farm Next Door: Amanda, Clive and Kids**
1.10 **999: On the Front Line**
2.15 **24 Hours in A&E**
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 347 125

BBC4

116 119 | 107/108 | 9/24 | 106 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **Wild China** 1/6. The country's diverse wildlife, beginning with a look at the relationship between humans and animals in the south.
8.00 **Art of Persia** 1/3. Samira Ahmed explores the people, culture and history of Iran.
9.00 **Call My Bluff** With Sinead Cusack, Penelope Keith, Ian Ogilvy and Miles Kington.
9.30 **Face the Music** With Angela Down, Robin Ray and John Julius Norwich.
10.00 **I Am Martin Parr** A profile of the photographer, following him on a road trip with his camera trigger finger always at the ready to capture the smallest details of everyday life.
11.05 **None a Stranger: Norman MacCaig at 80**
11.35 **Personal Pursuits: A Poet's Workshop**
12.05 AM **The Fairytale Castles of King Ludwig II with Dan Cruickshank**
1.05 **I Am Martin Parr**
2.10 **Face the Music**
2.40 **to 3.40** AM **Art of Persia**

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Junior Bake Off**
8.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Goldbergs**
10.00 **Modern Family**
11.00 **Ramsay's Kitchen Nightmares USA**
1.00 PM **Brooklyn Nine-Nine**
2.00 **The Simpsons**
3.00 **The Goldbergs**
4.00 **Modern Family**
5.00 **Brooklyn Nine-Nine**
6.00 **The Simpsons** Double bill.
7.00 **Hollyoaks** Ant finds himself in hot water, and a new resident's past is revealed.
7.30 **The Simpsons** *Oh Brother, Where Bart Thou?* Bart decides he wants a little brother. With Kim Cattrall.
8.00 **First Dates** Sixty-one-year-old finance worker and raver Sandra is looking for love.
9.00 **Gogglebox** Opinions on *Gladiators, This Morning* and *First Dates: Be My Valentine.*
10.00 **Gogglebox** *Michael McIntyre's Big Show* and *Boarders* are appraised.
11.05 **Open House: The Great Sex Experiment**
12.15 AM **Naked Attraction**
1.20 **First Dates**
2.20 **Gogglebox**
3.15 **The Simpsons**
4.05 **The Goldbergs**
4.55 **to 6.00** AM **Don't Tell the Bride**

+1 hr 235/236 306 30 123 256

Monday primetime

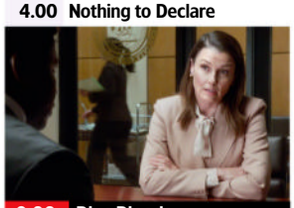
MONDAY Entertainment

Monday

Sky Witness

107 107 110 341 356

6.00 AM **UK Border Force**
7.00 **Nothing to Declare**
8.00 **Border Patrol**
9.00 **Send in the Dogs**
10.00 **Border Security: Canada's Front Line** Double bill.
11.00 **A1: Britain's Longest Road**
12.00 NOON **FBI** 16/22. (S4)
1.00 PM **The Rookie** 16/22. The producer of a reality show is killed while filming the cops. **2.00** 17/22. A desperate man holds a hospital hostage. (S4)
3.00 **Stop, Search, Seize**
4.00 **Nothing to Declare**



9.00 Blue Bloods

7 PM

7.00 Police 24/7 Motel occupants fail to convince police that the found paraphernalia isn't theirs.

8 PM

8.00 Law & Order: Criminal Intent *Smile:* 3/22. Detectives Goren and Eames investigate the murder of a dentist. (S7)

9 PM

9.00 Blue Bloods *The Gray Areas:* 16/18. Danny and Baez investigate the death of a rising MMA fighter. (S14)

10 PM

10.00 The Equalizer *Glory:* 2/10. McCall's online ad leads her to a mother whose son has been kidnapped. (S1)
11.00 **The Rookie** 9/14. (S3)
12.00 M'T **FBI** 16/22. (S4)
1.00 AM **Law & Order: Criminal Intent** 22/22. (S6)
2.00 **Law & Order: Organized Crime** 8/13. (S4)
3.00 **Road Wars**
5.00 **to 6.00** AM **Send in the Dogs**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
7.00 **Richard E Grant's Hotel Secrets** From New Orleans.
8.00 **Boardwalk Empire** (S2)
10.10 **The Sopranos** 8&9/13. (S2)
12.20 PM **Game of Thrones** (S3)
2.25 **The Wire** 7&8/12. (S2)
4.35 **Westworld** 1/10. Maeve sets out to find her daughter with some unexpected help. (S2)
5.50 **Deadwood** 11/12. Jewel visits Doc Cochran for help. (S1)
6.55 **Game of Thrones** 1/10. Jon Snow tries to earn the trust of Mance Rayder. (S3)

9.00 A Knight of the Seven...

7.55 Game of Thrones *Dark Wings, Dark Words:* 2/10. Jaime passes the time by taunting Brienne, and Arya encounters outlaw group the Brotherhood Without Banners. (S3)

8.15 Never Mind the Buzzcocks Guests Shaggy, Rosie Jones and Example join the regulars.

9.00 NEW SERIES A Knight of the Seven Kingdoms *The Hedge Knight:* 1/6. Fantasy prequel. *See feature, page 6.* (S1)

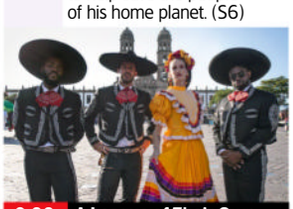
9.55 The Last of Us *Future Days:* 1/7. Five years after the events in Salt Lake City, Joel tries to mend his relationship with Ellie. (S2)
11.05 **Deadwood** As 5.50pm.
12.15 AM **The Sopranos** 10/13. A witness to the Bevilaqua hit poses a threat to Tony. (S2)
1.25 **Game of Thrones** (S3)
3.35 **The Guest Wing**
4.35 **In Treatment**
5.05 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S9)
8.00 **The Flash** 10/20. (S8)
9.00 **Stargate SG-1** (S6)
11.00 **SEAL Team** 9/10. (S6)
12.00 NOON **The Flash** 11/20. (S8)
1.00 PM **Hawaii Five-0** (S9)
3.00 **S.W.A.T.** 20/21. (S3)
4.00 **NCIS: Los Angeles** 8/22. Kensi is kidnapped. (S13)
5.00 **SEAL Team** 8/10. The team head to Amman in Jordan. (S6)
6.05 **Stargate SG-1** 7/22. Jonas begs Pentagon officials to help save the people of his home planet. (S6)



9.00 A League of Their Own

7.10 Stargate SG-1 *The Other Guys:* 8/22. The Goa'uld capture the team, whose fate lies in the hands of two scientists. (S6)

9.00 A League of Their Own: Mexican Road Trip 2/6. Jamie, Mo, Jill and Micah take part in the Day of the Dead parade.

10.00 An Idiot Abroad 4/8. Karl Pilkington travels to Mexico, where he immerses himself in the country's culture.
11.00 **Fear the Walking Dead** 11/15. Alicia and Madison try to bring two factions together, while Nick uses skills from his past for his new role. (S2)
12.00 M'T **The Force: North East**
2.00 AM **Road Wars**
3.00 **S.W.A.T.** 20/21. (S3)
4.00 **NCIS: Los Angeles** 8/22. (S13)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Celebrity Dinner Date**
8.30 **Olivia Meets Her Match**
9.20 **The Only Way Is Essex**
10.20 **Real Housewives of Miami**
11.15 **Real Housewives of Beverly Hills** Reality series.
12.10 PM **Dinner Date**
2.15 **The Only Way Is Essex**
3.15 **Real Housewives of Orange County** Reality series.
4.10 **Real Housewives of Miami**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**

10.05 The 1% Club

7.00 Deal or No Deal Stephen Mulhern hosts as another contestant takes on the Banker for the chance to win life-changing money.

8.00 The Real Housewives of Orange County Emily confronts Heather for feeling singled out during her fashion show.

9.00 Love Island: All Stars New edition Former Islanders get another shot, but only one pair can be crowned winners.

10.05 The 1% Club Quiz show hosted by Lee Mack in which the questions are based around logic and common sense.
11.05 **Family Guy** (S16&13)
12.05 AM **American Dad!** New episode 13/22. (S20)
12.35 **American Dad!** 11/22. (S13)
1.05 **Bob's Burgers** 6/22. (S12)
1.35 **Olivia Attwood's Bad Boyfriends** Reality show.
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.30 **On the Buses**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **Inspector Morse**
11.20 **Heartbeat** Double bill.
1.25 PM **Foyle's War** *Enemy Fire:* The detective's son Andrew becomes a murder suspect.
3.35 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *O Guilty Man!* Helen's husband arrives in Aidensfield and immediately causes problems for Rob.

10.00 Foyle's War

6.55 Heartbeat *Auld Acquaintance:* An old pal of Lord Ashfordly who arouses suspicions. Guest stars Todd Carty.

8.00 Midsomer Murders *Beyond the Grave:* A village is rocked by ghostly occurrences, including a man found dead on his ancestor's grave, and Barnaby investigates with Cully's actor boyfriend in tow.

10.00 Foyle's War *They Fought in the Fields:* The crash landing of a German plane and the murder of a farmer lead Foyle and Milner to investigate the activities of a group of land girls.
11.50 **Trial & Retribution** 1/2. A young mother is abducted from a local wood. (S6)
1.55 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
2.00 PM **Sign Zone: Banjo and Ro's Grand Island Hotel**
2.30 **Sign Zone: Island Crossings** Documentary.
3.30 **Sign Zone: Eat the Town**
4.00 **This Is BBC Scotland**
7.00 **Reporting Scotland**
7.30 **The Mountain**
8.00 **The Repair Shop on the Road** New edition Reviving an Edwardian pianola at Glasgow's Britannia Panopticon.
8.45 **Beechgrove Repotted**
9.00 **The Women Who Changed Modern Scotland** Documentary.
10.00 **Banjo and Ro's Grand Island Hotel** New edition 3/6. The couple hunt for a new income stream.
10.30 **Two Doors Down** (S1)
11.00 **Scotcast** Topical debate.
11.30 PM **to 12.00** M'T **Situationships with Sophie and Christine**

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S1)
9.00 **Ballers** 9&10/10. (S2)
10.15 **Sex and the City** (S6)
11.25 **Entourage** (S1)
12.30 PM **Will & Grace** (S4)
1.30 **Sex and the City** (S6)
2.40 **Ballers** 1&2/10. (S3)
3.50 **And Just Like That...**
4.40 **The Office (US)** (S9)
5.50 **Will & Grace** (S4)
6.45 **Community** (S1)
7.45 **Sex and the City** 13/20. Carrie spends the night with Aleksandr. **8.20** 14/20. Miranda and Steve get married. (S6)
9.00 **Bill Maher: But I'm Not Wrong** Topical stand-up comedy special.
10.35 **And Just Like That...** *Meet Cute:* 1/11. Miranda worries about her relationship. (S2)
11.35 **Community** (S1)
12.35 AM **Entourage** (S1)
1.40 **Ballers** 1&2/10.(S3)
3.00 **Curb Your Enthusiasm**
3.40 **to 5.00** AM **Silicon Valley**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **LSO: Pappano Conducts Ravel, Say & Rachmaninoff**
7.35 **The Joy of Painting**
9.05 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **The Art of the Garden**
3.00 **Landscape Artist of the Year** The Lake District.
4.00 **The Directors**
5.00 **Discovering: John Mills**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **André Rieu & the Dutch Royal Family**
10.00 **Classic FM Live: 25th Anniversary Concert**
12.00 M'T **Cirque du Soleil**
2.00 AM **BB King: Live**
3.45 **Lenny Henry's Got the Blues**
4.45 **National Treasures: The Art of Collecting**
5.45 **to 6.00** AM **Opera North's Resonance**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Stargate Atlantis** (S5)
5.00 **Stargate SG-1** (S2)
6.00 **Star Trek: Voyager** (S5)
7.00 **Star Trek: The Next Generation** 15/26. (S6)
8.00 **Star Trek: Deep Space Nine** *Field of Fire:* 13/26. A murder is committed on the station. (S7)
9.00 **FBI** *Second Life:* 9/22. A woman is abducted. **10.00** *Heroes:* 10/22. JOC analyst Kelly Moran is taken hostage. (S5)
11.00 **Grimm** 16/22. (S4)
12.00 M'T **Wynonna Earp** (S2)
1.00 AM **Caught on Dashcam**
2.00 **Brit Cops: War on Crime**
3.00 **The Force: Manchester**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Quiz.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Game show.
3.00 **In with a Shout**
4.00 **Ridiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal**
6.00 **Lingo** A couple from Bognor Regis, neighbours from Wales and friends from Reading compete. **7.00** Three duos compete in the game show hosted by Adil Ray. **8.00** A couple from Liverpool, two brothers from Bedfordshire and Buckinghamshire, and married Londoners take part in the game show.
9.00 **Alan Carr's Epic Gameshow** Alan hosts an updated version of *Bullseye.*
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable** Game show.
1.50 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Find It, Fix It, Flog It**
12.00 NOON **A Place in the Sun** Triple bill of editions.
3.00 PM **Kirstie and Phil's Love It or List It: Brilliant Builds**
3.30 **Come Dine with Me**
6.00 **Kirstie and Phil's Love It or List It**
7.00 **Jamie's Feasts for a Fiver** Jamie Oliver demonstrates feasts that cost no more than £5.
8.00 **David Baddiel: Cat Man**
9.00 **24 Hours in A&E**
11.05 **24 Hours in Police Custody: The Secret Network** Documentary.
12.05 AM **Catching a Killer: Buried Truths**
1.20 **In the Footsteps of Killers** Deborah Wood.
2.20 **Arctic Adventure: Ultimate Survival**
3.25 **Celebrity SAS: Who Dares Wins**
4.20 **to 4.40** AM **Sunday Brunch Best Bits**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Big Match Revisited**
8.10 **Magnum, PI**
9.10 **Kojak**
10.15 **Boon**
11.30 **The Professionals**
12.30 PM **Robin of Sherwood**
1.45 **Magnum, PI**
2.50 **Kojak**
4.00 **LIVE World Series of Darts: Saudi Arabia Masters** Gabbie Partington and Mark Webster present coverage of the opening day of the inaugural tournament from Global Theater in Riyadh.

9.00 The Terminator

LIVE World Series of Darts: Saudi Arabia Masters (started at 4.00pm)

8.00 **The Motorbike Show** Henry Cole visits the Norton factory at Donington and finds out about the Sportster bike.

9.00 **FILM The Terminator** Sci-fi thriller starring Arnold Schwarzenegger as a cyborg assassin sent from the future to present-day LA to kill a woman who holds the key to humanity's future. With Linda Hamilton. (1984, 15, 108min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **FILM Kill Bill: Vol. 1** Quentin Tarantino's action thriller. (2003, 18, 110min) ★★★★
1.20 AM **Lost** 4/25. The beasts invade the camp, and a secret about Locke is uncovered. (S1)
2.10 **Motorsport Mundial**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

152 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 6/26. (S5)
12.00 NOON **Star Trek: Enterprise**
1.00 PM **Star Trek: Deep Space Nine** 8/26. (S5)
2.00 **Blood & Treasure** (S1)
4.00 **Stargate SG-1** 17/22. (S1)
5.00 **Star Trek: Enterprise** (S4)
6.00 **Star Trek: The Next Generation** 6/26. Wesley Crusher returns to find the crew members addicted to a dangerous new game. (S5)

7.00 Star Trek: Deep Space Nine

7.00 **Star Trek: Deep Space Nine** *Things Past:* 8/26. Sisko, Odo, Dax and Garak are transported back in time. (S5)

8.00 **Stargate SG-1** *Enigma:* 17/22. The team members rescue a group of highly advanced aliens from a collapsing world. (S1)

9.00 **Grimm** *El Cuegle:* 4/13. Nick, Hank and Wu investigate a terrifying new Wesen that is terrorising a young family.

10.00 **Grimm** *The Seven Year Itch:* 5/13. Nick, Hank and Wu investigate a bizarre murder in a park. (S6)

11.00 **Wynonna Earp** 11/13. Willa's memory starts returning and she escapes to Bobo's bar. (S1)
12.00 M'T **Intergalactic** 3/8. The *Hemlock* begins to run out of power. (S1)
1.00 AM **Blood & Treasure** (S1)
3.00 **Wynonna Earp** As 11.00pm.
4.00 **Intergalactic** As 12.00m't.
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S10)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 3/22. (S6)
11.00 **Hudson & Rex** 1/20. (S5)
12.00 NOON **Miss Fisher's Murder Mysteries** 11/13. (S1)
1.00 PM **Death in Paradise** (S2)
2.00 **Murdoch Mysteries** (S10)
4.00 **The Mentalist** 3/22. (S6)
5.00 **Hudson & Rex** 1/20. (S5)
6.00 **Father Brown** *The Kembleston Olimpicks:* Rivalries escalate to murderous heights at the Kembleston Olimpicks.

5.00 Hudson & Rex

7.00 **Miss Fisher's Murder Mysteries** *Blood and Circuses:* 11/13. Phryne goes undercover as a magician's assistant. (S1)

8.00 **Death in Paradise** *Death in the Clinic:* 3/8. A body is found floating in the pool of a cosmetic surgery clinic. (S2)

9.00 **Death in Paradise** *Rue Morgue:* 8/8. Humphrey investigates a suspected poisoning at a retirement home. (S3)

10.20 **Father Brown** *The Wheels of Wrath:* The arrival of a group of bikers causes outrage and excitement in equal measure.
11.20 **Father Brown** As 6.00pm.
12.20 AM **So Help Me Todd** 11/21. When Margaret's client faces a murder charge, she mounts a creative defence. (S1)
1.20 **Death in Paradise**
2.25 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.30 AM **Highlights**
9.20 **Are You Being Served?**
10.00 **Open All Hours**
10.40 **Keeping Up Appearances**
11.20 **Last of the Summer Wine**
12.40 PM **The Green Green Grass**
1.20 **Ever Decreasing Circles**
2.00 **The Thin Blue Line**
2.40 **Are You Being Served?**
3.20 **Open All Hours**
4.00 **Ever Decreasing Circles**
4.40 **Last of the Summer Wine**
6.00 **Keeping Up Appearances**
6.40 **Open All Hours**

8.00 Fawlty Towers

7.20 **Dad's Army: The Lost Episodes** Frazer and Jones vie for a promotion to the position of corporal.

8.00 **Fawlty Towers** First episode. Basil tries to upgrade his clientele. **8.40** Basil goes behind Sybil's back to save money on structural alterations to the hotel. **9.20** Basil tries to stop an unmarried couple from lowering moral standards.

10.00 **Men Behaving Badly** Gary thinks Tony might be gay – despite his new flatmate's efforts to impress Deborah.
10.35 **Fawlty Towers** As shown at 8.00pm.
11.15 **Fawlty Towers** Double bill.
12.35 AM **Men Behaving Badly**
1.10 **Fawlty Towers** Triple bill.
3.00 **to 4.00** AM **Men Behaving Badly**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Gordon's Great Escape**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Speed with Guy Martin: F1 Special** Documentary.
11.00 **Rick Stein's India**
12.00 NOON **Bangers & Cash**
2.00 PM **Robson's Extreme Fishing Challenge**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** Focusing on apples and pears.
6.00 **Rick Stein's India** Rick learns about temple cooking in the southern town of Madurai.

6.00 Rick Stein's India

7.00 **Would I Lie to You?** With Micky Flanagan, Fiona Bruce, Steve Jones and Claudia Winkleman.
7.40 **Richard Osman's House of Games** With Hannah Cockroft and Penny Smith. **8.20** With Rob Deering, Katya Jones, Phil Tufnell and Jayne Middlemiss.

9.00 **QI XL** Sandi Toksvig takes a look at vices and virtues with panellists Eshaan Akbar, Jo Brand, Rhys James and Alan Davies.

10.00 **Have I Got a Bit More News for You** Victoria Coren Mitchell hosts the satirical quiz, with Maisie Adam and Helen Lewis.
11.00 **Taskmaster** Bob Mortimer champions sausage meat.
12.00 M'T **Mock the Week** With guests Angela Barnes, Ed Gamble, Rhys James, Nish Kumar and Tiff Stevenson.
12.40 AM **Would I Lie to You?**
2.00 **to 4.00** AM **Not Going Out**

+1 hour 211/212 327 74 259

7 PM **8 PM** **9 PM** **10 PM**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 1-3/23. (S1)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Bete Noire:* 16/23. A gunman takes Ducky and Kate hostage. **7.00** *The Truth Is Out There:* 17/23. A Marine is found dead in a nightclub. **8.00** *UnSealed:* 18/23. A former US Navy SEAL escapes from prison. (S1) **9.00 NEW SERIES** *Empty Nest:* 1/20. An undercover agent goes missing. (S22)
10.00 **Law & Order: Special Victims Unit** *Heightened Emotions:* 4/21. An aspiring Olympic athlete claims she is a rape victim. **11.00** *Rape Interrupted:* 5/21. A sergeant's son is accused of rape. (S18)
11.55 **Law & Order: Special Victims Unit** (S17)
1.50 AM **Blue Bloods** (S9)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Shoplifters: Caught Red Handed**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **Ambulance: Code Red** Medics attend to a driver who is trapped in his car after losing control.
10.00 **A&E After Dark** Security are called after a violent argument between two patients.
11.00 **Skin A&E**
12.00 M'T **Cause of Death**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **VC Andrews' Heaven**
3.30 **to 4.00** AM **Car Pound Cops**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.10 **Trucking Hell**
9.25 **Traffic Cops**
10.25 **Police Interceptors**
12.30 PM **FILM Once Upon a Time in the West** Sergio Leone's Western starring Charles Bronson. (1968, 15, 165min) ★★★★★
4.00 **The Motorway**
5.00 **Traffic Cops**
6.00 **Police Interceptors** A suspected drunk driver nearly causes a calamity. **7.00** Dan is given the runaround by an uninsured driver.
8.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
9.00 **Soldier: For King and Country** Documentary.
10.00 **Warship: Life at Sea**
11.00 **Banged Up Abroad**
12.00 M'T **World's Deadliest Weather: Caught on Camera** Wildfires.
1.00 AM **Ice Road Truckers**
2.00 **to 4.00** AM **Trucking Hell**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
12.00 NOON **DIY SOS: Homes for Veterans**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
7.00 **My Kitchen Rules: South Africa**
8.00 **The Supervet: Noel Fitzpatrick** A puppy has been hit by a car.
9.00 **Pete Wicks: For Dogs' Sake** New edition Pete meets Keira, a dog on the brink of starvation.
10.00 **The Supervet: Puppy Special** Documentary.
11.00 **The Supervet: Noel Fitzpatrick**
12.00 M'T **Amanda & Alan's Italian Job**
12.40 AM **Louis Theroux: Transgender Kids**
1.45 **to 3.00** AM **Hungry for It**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.25 AM **The Bill**
8.20 **Doctors**
9.40 **Classic Holby City**
10.40 **Classic Casualty**
11.50 **The Bill**
12.55 PM **Classic EastEnders**
2.10 **All Creatures Great and Small**
3.10 **Howards' Way**
4.20 **Bergerac**
5.20 **One Foot in the Grave**
6.00 **To the Manor Born**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Judge John Deed** *Lost and Found:* Jo Mills is persuaded to act on behalf of a drug addict.
10.00 **New Tricks** *Things Can Only Get Better:* The team reopen the 16-year-old case of a political aide's murder.
11.15 **Waking the Dead**
12.35 AM **Hotel Portofino**
1.45 **One Foot in the Grave**
2.20 **to 4.00** AM **The Brokenwood Mysteries**

+1 hr 243 316 60 260

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys**
8.00 **Bangers & Cash**
10.00 **Rise of the Nazis: The Downfall**
11.00 **Secret Nazi Bases**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **Rise of the Nazis: The Downfall**
5.00 **Secret Nazi Bases**
6.00 **Antiques Roadshow**
7.00 **Great Canal Journeys**
8.00 **Sacred Rivers with Simon Reeve** How iconic waterways have shaped the lives of the people who live along them.
9.00 **Russia with Simon Reeve** The concluding leg takes Simon from Crimea to St Petersburg.
10.00 **Bangers & Cash**
1.00 AM **Abandoned Engineering**
2.00 **to 3.00** AM **Rise of the Nazis: The Downfall**

+1 hour 255 329

MONDAY Entertainment

Monday

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** The Isle of Man.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **The Yorkshire Auction House** Angus finds a rare porcelain figure.
4.00 **Long Lost Family**
5.00 **A Place in the Sun**
6.00 **Salvage Hunters**
8.00 **Antiques Road Trip**
9.00 **Secret Life of the Auction House** A rare *Harry Potter* paperback and memorabilia from the first ascent of Everest.
10.00 **The Yorkshire Auction House** The team uncover a Victorian desk set and a hanging lantern.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Great! TV

157 167 170 34 32

8.00 AM **Born and Bred**
9.00 **The Waltons** 19/25. (S1)
10.00 **Little House on the Prairie** 9–11/26. (S5)
1.00 PM **The Waltons** (S1)
3.00 **Born and Bred** (S4)
4.10 **Down to Earth** (S5)
5.20 **Doctor Finlay** 5/6. (S2)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** 5–7/25. (S8)
9.00 **Dear John** 7/7. The teacher tries to help Kirk improve his love life. (S1)
9.40 1/7. A new face at the 1-2-1 Club reveals his interesting past.
10.20 2/7. The singleton tries to help Rick start a new life. (S2)
11.00 **Born and Bred** (S4)
12.00 M'T **Down to Earth**
1.10 AM **Rumpole of the Bailey** 6/6. (S1)
2.10 **Home to Roost** (S1)
2.35 **A Fine Romance** (S1)
3.00 **to 4.50** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.10 AM **Tombstone Territory**
9.50 FILM **We Dive at Dawn** Wartime drama. (1943, b/w, U, 97min) ★★★
12.00 NOON **The High Chaparral** 22/26. (S2)
1.00 PM FILM **Good Day for a Hanging** Western. (1958, U, 85min) ★★
2.50 **Wanted: Dead or Alive**
3.30 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!** (S1)
7.00 **The Avengers** (S4)
8.00 **The New Avengers** (S1)
9.00 FILM **November Man** Espionage thriller starring Pierce Brosnan. (2014, 15, 108min) ★★★
11.20 FILM **Stratton** Thriller. (2017, 15, 94min) ★★
1.20 AM **The Avengers** (S4)
2.20 **The New Avengers** (S1)
3.15 FILM **Miami Magma** Sci-fi disaster thriller. (2011, 15, 97min) ★★
4.40 **to 5.50** AM **Cops Uncut**

+1 hour 324

Great! Mystery

321 318 425 50 48

7.00 AM **Police Ten 7**
7.25 FILM **Secrets at the Lake** (2019, PG) ★★★
9.10 **Murder, She Wrote**
10.10 **Unforgettable** (S3)
11.10 **Castle** 18/24. (S5)
12.10 PM FILM **Snipped in the Bud** (2016, PG) ★★
2.05 FILM **Dead Talk** Thriller. (2019, PG, 88min) ★★
4.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 19/24. (S5)
8.00 **Unforgettable** (S3)
9.00 FILM **Dearly Depotted** Drama. (2016, PG) ★★
10.55 FILM **The Disappearing Game** Crime drama. (2018, PG, 83min) ★★
12.45 AM FILM **Murder at the Mansion** (2018, PG) ★★
2.35 FILM **Forgotten Abduction** (2020) ★★
4.00 FILM **A Wedding to Die For** (2017, PG) ★★
5.25 **to 6.00** AM **Police Ten 7**

+1 hour 322

Great! Romance

319 317 424 52 47

8.15 AM FILM **Hint of Love** Comedy. (2020, PG) ★★
10.25 FILM **14 Love Letters** Drama. (2022, U) ★★
12.15 PM FILM **Never Too Late to Celebrate** Drama. (2023, PG, 85min) ★★
2.10 FILM **Love at Mariposa Beach** (2022, PG) ★★
4.10 FILM **Caribbean Summer** (2022, PG) ★★
6.05 FILM **South Beach Love** Romantic comedy. (2021, PG, 83min) ★★
8.00 FILM **The Royal Bake Off** Romantic drama. (2023, PG, 90min) ★★
9.55 FILM **The Wedding Rule** Romantic comedy. (2023, U, 90min) ★★
11.55 FILM **A Wedding to Remember** Drama. (2020, PG, 85min) ★★
1.55 AM **Highway to Heaven**
2.45 FILM **Love at Mariposa Beach** As 2.10pm.
4.15 **to 5.00** AM **Highway to Heaven**

+1 hour 320

Rewind TV

182 81 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **The Top Secret Life...**
10.30 **Shine on Harvey Moon**
11.30 **The Fenn Street Gang**
12.00 NOON **The Lovers** (S2)
12.30 PM **The Dustbinmen**
1.00 **Ain't Misbehavin'**
2.00 **The Champions** (S1)
3.00 **Shine on Harvey Moon**
4.00 **Walking Westward**
4.30 **Old Country**
5.00 **Bubblegum & Cheese**
6.00 **The Top Secret Life of Edgar Briggs**
6.30 **The Fenn Street Gang**
7.00 **The Lovers** 5/7. (S2)
7.30 **The Dustbinmen** (S2)
8.00 **The Champions** (S1)
9.00 **Ain't Misbehavin'**
10.00 **Game On** 1/6. (S2)
10.35 **Stereo Underground**
11.35 **Star Maidens**
12.05 AM **Hotel Amigo**
1.05 **Stereo Underground**
2.05 **Game On** 1/6. (S2)
2.40 **Hank the Cowboy**
2.55 **to 6.00** AM **Highlights**

DMAX

158 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **The Snake Catcher**
10.00 **Deadliest Catch**
12.00 NOON **Treasure Quest: Snake Island**
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** The *Northwestern* crew try to stop the boat capsizing.
8.00 Following the lives of crab fishermen in the treacherous Bering Sea.
9.00 **Body Bizarre** The story of a boy with a tumour on his skull that is larger than his head.
10.00 The story of the 'Tree Man' of Bangladesh.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 258 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Man v Food with Casey Webb**
7.00 **The Hairy Bikers' Comfort Food**
8.00 **The Pioneer Woman**
9.00 **Jamie Oliver: Together**
10.00 **Barefoot Contessa: Back to Basics**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Great British Adventure**
3.00 **The Hairy Bikers' Comfort Food**
4.00 **The Pioneer Woman**
5.00 **Jamie Oliver: Together**
6.00 **Barefoot Contessa: Back to Basics**
7.00 **Great British Bake Off**
9.00 **Secret Eats with Adam Richman** Double bill.
10.00 **Secrets of the Curry Kitchen** Double bill.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food: Best Of** Double bill.
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 13/27. (S4)
9.00 **The A-Team** 16/25. (S3)
10.00 **Charlie's Angels** (S5)
11.00 FILM **George and the Dragon** Fantasy. (2004, PG, 93min) ★★★
1.00 PM FILM **High Flight** Aviation drama. (1958, PG, 8min) ★★
3.00 FILM **The Day of the Triffids** Sci-fi chiller. (1962, 12, 95min) ★★
5.00 **Star Trek** 26/30. (S1)
6.00 **Charlie's Angels** (S5)
7.00 **The A-Team** 17/25. (S3)
8.00 **Walker, Texas Ranger**
9.00 FILM **Rambo** Action drama sequel. (2008, 18, 90min) ★★★
10.50 FILM **Red Heat** Action thriller. (1988, 18, 106min) ★★★
12.55 AM FILM **The Hard Way** Action comedy. (1991, 15, 111min) ★★★
3.00 **to 5.00** AM FILM **An Eye for an Eye** Thriller. (1981, 15, 106min) ★

Legend Xtra

317 316 171 69 138 51

9.00 AM FILM **Monster Hunters** Action thriller. (2020, 15, 88min) ★
11.00 **The Lost World** (S1)
12.00 NOON FILM **Ransom** Political thriller. (1974, PG, 98min) ★★★
2.00 PM **Frank Herbert's Children of Dune**
4.00 **Walker, Texas Ranger**
5.00 FILM **True Grit: A Further Adventure** Western sequel. (1978, PG, 104min) ★★
7.00 **The Lost World** (S1)
8.00 **The Fall Guy** 9/23. (S1)
9.00 FILM **Unlocked** Thriller starring Noomi Rapace. (2017, 15, 98min) ★★★
11.00 FILM **Maximum Conviction** Thriller starring Steven Seagal. (2012, 15, 93min) ★★
1.00 AM FILM **Unlocked**
3.00 FILM **True Grit: A Further Adventure**
5.00 **to 6.00** AM **The Lost World**

+1 hour 318 371 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.35 **Storage Hunters**
8.30 **Storage Wars: Texas**
9.20 **Hardcore Pawn**
10.15 **Auction Hunters**
11.10 **Airport Security: USA**
12.10 PM **Seized at Sea**
1.05 **Pawn Stars**
2.05 **Storage Wars: Texas**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
5.00 **Alien Files: Unsealed**
6.00 **Pawn Stars**
7.00 **Storage Wars: Texas**
8.00 **Dickinson's Real Deal**
9.00 **The Curse of Oak Island**
10.00 **Secrets in the Ice**
11.00 **Forbidden History**
12.00 M'T **World's Greatest Treasure Mysteries**
1.00 AM **Alien Files: Unsealed**
2.00 **Ancient Aliens**
3.00 **Airport Security: USA**
3.45 **Seized at Sea**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.05 AM **The Yorkshire Vet**
10.00 **Operation Pet Rescue**
11.00 **Ben Fogle: New Lives in the Wild** Australia.
12.00 NOON **The Pacific War in Colour** Documentary
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **Venice's Lost Empire: Drain the Oceans**
6.00 **Britain's Greatest Bridges** Forth Rail Bridge.
7.00 **The Pacific War in Colour** Documentary.
8.00 **Ben Fogle: New Lives in the Wild** Sweden.
9.00 **Yorkshire Great and Small with Dan and Helen** From Skipton.
10.00 **Reuben: Life in the Dales** Documentary.
11.00 **Susan Calman's Grand Day Out** From Cromer.
12.00 M'T **Wentworth Prison**
1.00 AM **Autopsy**
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Double bill.
11.00 **The Chase Celebrity Special** With guests Mike Bushell, Annabel Croft, Rhea Bailey and Rylan Clark-Neal.
12.00 NOON **The Chase**
2.00 PM **Bridge of Lies**
3.00 **Who Wants to Be a Millionaire? Celebrity Special** Quiz show.
4.00 **The Chase** Quiz show.
5.00 **The Bidding Room** Five dealers bid against each other for a vintage bucket with a dark past.
6.00 **Tenable** Double bill.
8.00 **The Chase** Double bill of the quiz show.
10.00 **Tenable** A family of five with a shared love of darts take part.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Who Wants to Be a Millionaire?** Quiz show.
1.00 AM **The Chase**
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Mike & Molly**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Mike & Molly**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the sitcom, including at:
8.00 8/23. Leonard, Raj and Howard go camping.
8.30 9/23. Kripke plays a prank on Sheldon. (S3)
9.00 NEW SERIES **Hollywood Demons** Revealing the shocking stories of celebrities and, for some, a rise to fame and a devastating fall from stardom.
11.00 **Death by Fame** True stories behind the rise, fall and murder of some of Hollywood's most promising stars.
12.00 M'T **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
10.00 **Spin City** (S5)
11.00 **Everybody Loves Raymond** (S5&6)
1.00 PM **Friends** (S2&3)
8.00 **Friends** 7/25. Monica buys a bed from Janice's husband.
8.30 8/25. Phoebe convinces herself she is a walking jinx. (S3)
9.00 **Out of Order** New edition With Layton Williams and Josh Pugh.
10.00 **Jack Whitehall Gets Around** A 2014 show from Wembley Arena.
11.00 **Iain Stirling's Roast the Internet**
12.00 M'T **Whose Line Is It Anyway? USA**
1.00 AM **South Park** (S4)
3.25 **Rosie Jones Tries to Help** With Ivo Graham.
3.35 **The Bonnaroo Experience** Stand-up.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S5)
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** (S5&6)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.30 **Takeshi's Castle**
4.00 **Most Ridiculous**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** (S5)
7.00 **Everybody Loves Raymond** (S5&6)
9.00 **Bradley & Barney Walsh: Breaking Dad** The duo visit Switzerland.
9.30 A visit to Slovenia.
10.00 **Friends** 17–22/24. (S2)
1.00 AM **The Ricky Gervais Show** Double bill.
2.00 **Teachers** 3&4/10. (S1)
3.00 **Reno 911!** (S2)
3.45 **Important Things**
4.30 **Spin City** (S5)
5.15 **to 6.00** AM **Guessable?**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
10.15 **Bread** 7/11. (S7)
10.50 **Steptoe and Son** (S6)
11.25 **You Rang, M'Lord?**
12.25 PM **Rising Damp** (S2)
12.55 **Man About the House**
1.30 **Goodnight Sweetheart**
2.05 **When the Boat Comes In** 11/13. (S1)
3.05 **Minder** 11/11. (S1)
4.10 **Citizen Smith** (S2)
4.45 **Man About the House**
5.15 **Some Mothers Do 'Ave 'Em** 4/6. (S2)
6.00 **That's 60s**
6.20 **Steptoe and Son** (S2)
6.55 **Rising Damp** (S2)
7.25 **Whatever Happened to the Likely Lads?** (S2)
8.05 **Minder** 9/13. (S2)
9.00 **Benidorm** 1/9. (S9)
10.00 **Shameless** 8/14. (S11)
10.55 **Just Good Friends** (S3)
11.30 **Rising Damp** (S3)
12.00 M'T **Benidorm** 1/9. (S9)
1.00 AM **Shameless** (S11)
2.00 **Kenny Everett Show**
2.30 **to 6.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **Teen Mom 2**
8.00 **Catfish: The TV Show**
9.00 **Catfish: Love Triangles**
10.00 **Catfish: Scammed**
12.00 NOON **Catfish: The TV Show** Triple bill.
3.00 PM **Catfish: Scammed**
4.00 **Dallas Cowboys Cheerleaders**
6.00 **Sweet Home Alabama**
7.00 **Teen Mom UK: Next Generation**
8.00 **Teen Mom UK**
9.00 **Skin A&E** A head cyst.
10.00 **Ink Master: Angels** New edition The Angels head to Memphis.
11.00 **Black Ink Crew New York** New edition Alex uncovers some scandalous information.
12.00 M'T **Geordie Shore**
2.00 AM **Teen Mom: The Next Chapter**
2.45 NEW SERIES **Ridiculousness**
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Junkyard Empire**
9.00 **Gold Rush** Double bill.
11.00 **Diesel Brothers**
1.00 PM **Deadliest Catch**
3.00 **How Do They Do It?** Four editions, including at: **4.00** How pizza is made for soldiers on the frontline. **4.30** How houses are built out of volcanic rock.
5.00 **Alaska: Homestead Rescue** A widowed homesteader feels overwhelmed by her large family homestead.

8.00 Scrapyard Dynasty

7.00 **Wheeler Dealers** Mike Brewer finds the perfect starter classic, a 1989 Audi Coupe.

8.00 **Scrapyard Dynasty** Terry takes a gamble on two rusty loading ramps, and Emma has a plan to make some quick cash.

9.00 **Secrets Underground** Rob Nelson investigates rumours of secret underground escape route used by Al Capone.

10.00 **Expedition Unknown** Josh Gates hunts for the truth about the Third Reich's Amerikabomber, a top-secret warplane.

11.00 **Deadliest Catch** Winter erupts as Johnathan hunts for crab in a secret location, while Sig tries his luck at a derby fishery.
1.00 AM **Secrets Underground**
2.00 **Expedition Unknown**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Saved by the Barn**
10.00 **Tanked** Documentary.
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell**
5.00 **Lone Star Law** Wardens Gould and Scott respond to a call about deer carcasses that have been illegally dumped on private property.
6.00 **Dr Jeff: Rocky Mountain Vet** A basset hound needs surgery after being hit by a car.

7.00 Treehouse Masters

7.00 **Treehouse Masters** Pete Nelson builds a treetop fortress for a couple who loves all things medieval, featuring a high tower.

8.00 **Mountain Monsters** Hunters track down unidentified Appalachian creatures, beginning in Wolfe County in Kentucky.

9.00 **Alaska: The Last Frontier** The Kilchers spend Thanksgiving on Atz Senior's floating homestead.

10.00 **Alaskan Bush People: Bushcraft Chronicles** The Browns discuss generating power for their wilderness settlement.

11.00 **The Haunted** A family's encounter with a ghost.
12.00 M'T **Crikey! It's the Irwins** Robert researches manta rays on the Great Barrier Reef.
1.00 AM **Intruders**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Phoenix**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Britain's Greatest Machines with Chris Barrie**
9.00 **Air Crash Investigation: Special Report**
10.00 **Seconds from Disaster**
11.00 **WW2: Hell Under the Sea**
12.00 NOON **World War II: Secrets from Above**
1.00 PM **Air Crash Investigation**
3.00 **Hitler's Last Stand: Fight to the Finish** Documentary.
4.00 **Atomic Ghost Fleet: Drain the Oceans** Documentary.
5.00 **Ice Road Rescue**
6.00 **Nazi Megastructures**

10.00 Engineering Europe

7.00 **Air Crash Investigation** How two air crashes involving the Boeing 737 signalled the possibility of a mechanical failure.

8.00 **Car S.O.S** Fuzz Townshend and Tim Shaw attempt to restore a beloved 1963 Alfa Romeo Giulia Spider.

9.00 **Car S.O.S** Fuzz and Tim help a widower, unable to work after a car accident, by giving his Fiat Spider the makeover it deserves.

10.00 **Engineering Europe** Spain's engineering wonders, including Seville's record-breaking wooden sun shade.

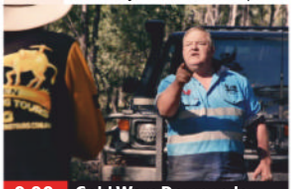
11.00 **Air Crash Investigation** A plane crashes off the French-Polynesian island of Moorea.
12.00 M'T **Car S.O.S**
1.00 AM **To Catch a Smuggler**
2.30 **Abandoned** Double bill.
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **When Sharks Attack**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Storage Wars**
7.50 **Pawn Stars Do America**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **Mysteries from Above**
1.00 PM **Gold Wars Downunder**
2.00 **American Pickers**
3.00 **Britain's Most Historic Towns** Triple bill, including at: **5.00** Alice Roberts explores Cardiff's Edwardian past.
6.00 **American Pickers** Mike and Jersey peruse a stockpile of industrial relics with real-life heavy metal hero Chip.



9.00 Gold Wars Downunder

7.00 **Forged in Fire** The bladesmiths must forge a signature blade from a steel cage and a pile of barbed wire.

8.00 **American Pickers** New edition Following two of America's most skilled 'pickers', who trawl junk yards for precious objects.

9.00 **Gold Wars Downunder** New edition Three mining teams battle it out to see who can unearth the biggest nuggets.

10.00 **NEW SERIES Hells Angels: Kingdom Come** An inside look into how the Hells Angels claimed their throne.

11.00 **Secrets of the Hells Angels** The story of Sonny Barger, commander of the world's most infamous biker gang. **12.00** M'T The story of drug dealer Pat Matter.
12.55 AM **American Pickers**
1.50 **Gold Wars Downunder**
2.50 **Pawn Stars Do America**
3.40 **Pawn Stars** Documentary.
4.25 **to 6.00** AM **Secrets in the Ice**

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The 2000s**
7.00 **Discovering: Dennis Hopper**
8.00 **The Directors**
9.00 **The Movies**
10.00 **History of the Sitcom**
12.00 NOON **Discovering: Robin Williams** A profile of the American actor and comedian.
12.55 PM **The Comedy Store** 1-5/5. Documentary series.
6.05 **The Movies** The history of cinema through the 1970s, including films that pushed the boundaries of filmmaking from *The Godfather* to *Jaws*.

10.00 History of the Sitcom

7.00 **History of the Sitcom** A look at the development of situation comedies, beginning by looking at the depictions of families.

8.00 **History of the Sitcom** Comedy shows set in the workplace, which offer insights into the state of the American workforce.

9.00 **Chimp Crazy** Documentary looking at the bonds developed between pet chimpanzees and their owners.

10.05 **Chimp Crazy** PETA investigates after a Hollywood chimp named Tonka goes missing.

11.05 **Chimp Crazy** Alan Cumming doubles the reward for news of Tonka's whereabouts. **12.10** AM Tonia dreams of opening her own sanctuary.
1.15 **Belushi** The life story of comedy star John Belushi.
3.15 **Wig** The history and influence of the Wigstock drag festival.
5.00 **to 6.00** AM **Discovering: Dennis Hopper**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **The Repair Shop: NHS Special**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
1.00 PM **The Repair Shop: NHS Special**
2.00 **Shed and Buried: Classic Cars**
3.00 **Find It, Fix It, Flog It**
4.00 **The Yorkshire Auction House** Double bill.
6.00 **Antiques Road Trip**
8.00 **James May's Shed Load of Ideas**
9.00 **NEW SERIES Guz Khan's Custom Cars** Guz attempts to modify a Honda S2000.
10.00 **Shed and Buried**
11.00 **Australian Open Tennis**
12.00 M'T **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Shed and Buried: Classic Cars**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

6.00 AM **Animal Cops Phoenix** Documentary.
7.00 **Helicopter ER**
9.00 **Cops UK: Bodycam Squad** Double bill.
11.00 **The Killer in My Family**
12.00 NOON **Forbidden: Dying for Love**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** Ben Butler.
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **The Victorian Murder Files** The exploitative world of baby-farming.
10.00 **The Suitcase Murders**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Secrets of a Murder Detective** Sophie Lionnet's murder is analysed by Steve Keogh and Richard Leonard.
8.00 **NEW SERIES 48 Hours** The case of Blaze Bernstein, who was allegedly murdered because he was Jewish.
9.00 **Body in the Water** Police divers training in Loch Lomond discover human body parts.
10.00 **The Hunt for the Chameleon Killer** A look back at the 12-year worldwide hunt for 'Chameleon Killer' Elaine Parent.
11.00 **Bloodline Detectives**
1.00 AM **48 Hours**
2.00 **Body in the Water**
3.00 **The Hunt for the Chameleon Killer**
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives**
11.00 **48 Hours** Linda Slaten.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Bloodline Detectives** The case of mother Mary Davis. **3.00** Serial rapes spark fear in North Carolina.
4.00 **48 Hours** Mengqi Ji.
5.00 **Medical Detectives** Blood evidence contradicts a man's story about his wife's murder. **5.30** The use of science to find the killer of a battered teenager. **6.00** Police officers use evidence inside a submerged car to track down the missing driver. **6.30** A reported suicide turns out to be much worse than it seems.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Motorway Patrol**
7.00 **The Force: Manchester**
8.00 **Stop, Search, Seize**
9.00 **Border Security USA**
10.00 **World's Most Evil Killers**
11.00 **Murdered at First Sight**
12.00 NOON **Catching the...**
1.00 PM **Killer in My Village**
2.00 **Murders That Shocked the Nation**
3.00 **How I Caught the Killer**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **Undercurrent: The Disappearance of Kim Wall** Double bill.
11.30 **Britain's Most Evil Killers**
12.30 AM **Catching the Killer**
1.30 **World's Most Evil Killers**
2.30 **Murdered at First Sight**
3.30 **Love You to Death**
4.30 **Highway Cops**
5.00 **to 6.00** AM **Stop, Search, Seize**

+1hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **World of Stonehenge**
9.20 **WWII in Colour: Road to Victory**
10.35 **Hunting the KGB Killers**
11.50 **Mr Polaroid**
1.00 PM **Grand Tours of the Scottish Islands**
1.40 **World of Stonehenge**
2.50 **WWII in Colour: Road to Victory**
3.55 **Hunting the KGB Killers**
5.05 **Mr Polaroid**
6.15 **World of Stonehenge**
7.25 **WWII in Colour: Road to Victory** The German army prepare to capture the British at Dunkirk.
8.35 **Hunting the KGB Killers** The inside story of Alexander Litvinenko.
9.50 **Mr Polaroid** Exploring the story of Edwin Land.
10.55 **WWII in Colour: Road to Victory** As 7.25pm.
12.00 M'T **Hunting the KGB Killers** As 8.35pm.
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

MONDAY

Monday

Sky Nature

145 113/114 189 354 369

6.00 AM **Secrets of the Enchanted Forests** Documentary.
7.00 **Monkey Life**
8.00 **Africa's Hunters**
9.00 **Hope for Wildlife**
10.00 **Animals Like Us**
11.00 **Coral City**
12.00 NOON **The Wild Wild East**
1.00 PM **Monkey Life**
2.00 **Africa's Hunters**
3.00 **Hope for Wildlife**
4.00 **Animals Like Us**
5.00 **Wild Workers**
6.00 **The Wild Wild East**
7.00 **Monkey Life** Double bill.
8.00 **Whale with Steve Backshall** The ingenious hunting strategies of whales and dolphins.
9.00 **Extraordinary Animals**
10.00 **The Wild Wild East** Double bill.
11.00 **Wild Workers** Double bill.
12.00 M'T **Coral City**
1.00 AM **Secrets of the Enchanted Forests** Documentary.
2.00 **Whale with Steve Backshall**
3.00 **Extraordinary Animals**
4.00 **Africa's Hunters**
5.00 **to 6.00** AM **Hope for Wildlife**

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Accident, Suicide or Murder?**
12.00 NOON **Green Eyed Killers**
1.00 PM **#Textmewhenyougethome**
2.00 **Secrets of Polygamy**
3.00 **Murdertown**
4.00 **Killer Britain with Dermot Murnaghan** Elliott Turner.
5.00 **Crimes That Shook Britain**
6.00 **The First 48**
7.00 **Cold Case Files**
8.00 **#Textmewhenyougethome**
9.00 **Don't Open the Door** New edition A new life in a new town comes to an abrupt end.
10.00 **Bodies in the Barrels** 1/2. How Australia's worst ever serial killers were put behind bars.
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Real Murders of Atlanta**
2.00 **Don't Open the Door**
3.00 **Crimes That Shook Britain**
4.00 **Murdertown**
5.00 **to 6.00** AM **Robbie Coltrane's Critical Evidence**

+1 hour 256 333

U&Eden

166 134/162 176 57 160 142

9.00 AM **Three Up, Two Down**
1.00 PM **Three Up, Two Down**
5.00 **Three Up, Two Down** 1/6. A chance to see series two of the comedy starring Angela Thorne and Michael Elphick. A new neighbour turns Daphne's head, causing more problems for the troubled duo.
5.40 2/6. Sam has his nose put out of joint as Daphne agrees to have dinner with the Major.
6.20 3/6. Daphne receives a visitor, while Sam desperately tries to resist temptation.
7.00 4/6. Daphne finds rock 'n' roll difficult to stomach, forcing Sam to come to her rescue.
7.40 5/6. Sam decides to take up card-playing, much to Daphne's disapproval.
8.20 6/6. Nick and Angie spend their wedding anniversary in France, while Daphne has a visit from the police. (S2)
9.00 **Three Up, Two Down**
4.35 AM **Railway Murders**
5.25 **to 6.00** AM **My Kind of Town**

+1 hour 266 376

Sky History 2

163/168 143 186

6.00 AM **Mystery Places**
7.00 **Secrets in the Sand**
8.00 **What on Earth?**
9.00 **How to Lose a War**
10.00 **Iconic Combat Machines**
11.00 **Ancient Aliens Special Presentation** As 11.00pm.
1.00 PM **Craig Charles: UFO Conspiracies** As 8.00pm.
2.00 **Britain's Most Historic Towns**
3.00 **Digging for Britain**
4.00 **Mystery Places**
5.00 **Secrets in the Sand**
6.00 **What on Earth?**
7.00 **Ancient Aliens**
8.00 **Craig Charles: UFO Conspiracies** A perplexing UFO encounter in south Wales.
9.00 **Encounter: UFO** Double bill.
11.00 **Ancient Aliens Special Presentation** Ruins, statues and carvings that appear to share connections.
1.00 AM **Craig Charles: UFO Conspiracies** As 8.00pm.
2.00 **Britain's Most Historic Towns**
3.00 **Digging for Britain**
4.00 **Full Custom Garage**
5.00 **to 6.00** AM **Empire Builders**

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Casey and Brutus: Grizzly Encounters**
10.00 **Africa's Hunters**
11.00 **Animal Fight Club**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Heartland Docs**
3.00 **Shark Men**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **NEW SERIES Strangest Nature** 1/3. Unusual wildlife from around the world.
8.00 New edition 2/3. Animals that dig underground.
9.00 **Predator in Paradise** A look at carnivores that inhabit coastline jungles.
10.00 **Life Below Zero: First Alaskans** Documentary.
11.00 **Ice Road Rescue**
12.00 M'T **Exotic Animal ER**
1.00 AM **Monster Fish**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Monster Fish**

ID

154 140 166

8.00 AM **Forbidden: Dying for Love**
9.00 **The Perfect Murder**
11.00 **Disappeared**
12.00 NOON **Murder in the Heartland** The murder of a police officer in Arkansas.
1.00 PM **Murder Comes to Town**
3.00 **Disappeared**
4.00 **Murder in the Heartland**
5.00 **Feuds Turned Fatal**
7.00 **Deadly Secrets** Investigating a mother's death in an apparent trucking accident.
8.00 A tax attorney turns violent, revealing some terrifying secrets.
9.00 **The Curious Case of...** A funeral home promises eco-friendly care but buries dark secrets, leaves bodies to rot and gives families concrete instead of ashes.
10.00 **Fatal Destination**
11.00 **Lethally Blonde**
12.00 M'T **People Magazine Investigates** Double bill.
2.00 AM **Feuds Turned Fatal**
4.00 **to 6.00** AM **Deadly Secrets**

+1 hour 254 366

Discovery Science

167 148 179

8.00 AM **How the Universe Works**
11.00 **Arctic Rescue**
1.00 PM **Blowing Up History**
3.00 **NASA's Unexplained Files**
6.00 **How Do They Do It?** Manufacturing techniques of vinyl records and dodgems.
6.30 Featuring a look at how the axe was first forged.
7.00 Wensleydale cheese, paintbrushes and aromatic oils.
7.30 The Tesla Model S, horses' tails and swimming pools.
8.00 A look at how France's appetite for snails is sated.
8.30 Emergency bridges and a a 200mph superbike.
9.00 **Truth Behind the Moon Landing** Experts investigate American espionage during the Apollo programme.
10.00 A crash that nearly killed astronaut Neil Armstrong.
11.00 **NASA's Unexplained Files**
1.00 AM **Through the Wormhole with Morgan Freeman**
4.00 **to 6.00** AM **Blowing Up History**

+1 hr 267 379

Discovery History

174 147 181

7.00 AM **Attack and Capture: The Story of U-Boat 505**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** The variety of planets that make up the universe.
1.00 PM **NASA's Unexplained Files**
2.00 **Alien Highway**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Attack and Capture: The Story of U-Boat 505** The German submarine's capture by the US Navy.
9.00 **Ancient Unexplained Files**
10.00 **How Do They Do It?**
11.00 **World's Greatest Motorcycle Rides** 1/2. A journey in Scotland.
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **NASA's Unexplained Files**
4.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

Discovery Turbo

161/172 146 180

7.00 AM **Junkyard Empire**
8.00 **Motor Pickers**
9.00 **Shorty's Dream Shop**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Richard Hammond's Workshop** As 1.00am.
1.00 PM **Outback Car Hunters**
2.00 **Salvage Hunters: Classic Cars**
3.00 **Shorty's Dream Shop**
4.00 **Roadworthy Rescues**
5.00 **Motor Pickers**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Roadworthy Rescues** Derek heads to Alabama in search of a Bandit replica.
9.00 **Mud Madness**
10.00 **Shorty's Dream Shop**
11.00 **Salvage Hunters: Classic Cars**
12.00 M'T **Roadworthy Rescues**
1.00 AM **Richard Hammond's Workshop** Richard faces a client who is anxious for work to start on his vintage Bentley.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.50 AM **Beast of War** (2025)
8.25 **Smurfs** As shown at 6.20pm.
10.05 **The Ballad of Wallis Island**
11.50 **Cookster: The Darkest Days**
2.00 PM **Nuremberg** As 9.45pm.
4.30 **The Phoenician Scheme** Wes Anderson's offbeat comedy starring Benicio del Toro. (2025, 15, 101 min) ★★★
6.20 **Smurfs** Family fantasy comedy featuring the voices of Rihanna and James Corden. (2025, PG, 89min) ★★

8.00 The Ballad of Wallis Island

8.00 The Ballad of Wallis Island Offbeat comedy written by and starring Tim Key and Tom Basden, with Carey Mulligan and Sian Clifford. (2025, 12, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 Nuremberg Thriller starring Russell Crowe and Rami Malek. A US Army psychiatrist is sent to assess high-ranking Nazi prisoners to decide if they are fit for trial. With Michael Shannon and Richard E Grant. (2025, 15, 148min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Beast of War** Thriller starring Mark Coles Smith. (2025, 15, 87min) ★★★★
2.05 **Cookster: The Darkest Days** Crime drama starring Craige Middleburg. (2024, 15, 119min)
4.15 **to 6.00** AM **Borderline** Dark comedy with Samara Weaving. (2025, 15, 94min) ★★★

Sky Cinema Brit Hits

303 303 403 503 517

6.00 AM **Speak Like a Child** (1998)
7.30 **The Damned United** (2009)
9.10 **Save the Cinema** As 2.10am.
11.10 **Eye in the Sky** As 12.20am.
1.00 PM **The Colour Room** Drama. (2021, PG, 109min) ★★★★
3.00 **Speak Like a Child** Dark drama. (1998, 18, 80min) ★★
4.25 **The Damned United** Biopic. (2009, 15, 98min) ★★★★
6.05 **RocknRolla** Guy Ritchie's comedy thriller starring Gerard Butler. (2008, 15, 110min) ★★

6.05 RocknRolla

8.00 Layer Cake Gangster thriller starring Daniel Craig, Michael Gambon and Sienna Miller. A slick London drug dealer finds himself in trouble when a drug deal goes sour. With Colm Meaney and Kenneth Cranham. (2004, 15, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 A Clockwork Orange Director Stanley Kubrick's futuristic satire based on the novel by Anthony Burgess, starring Malcolm McDowell. A violent young thug is arrested and reconditioned using a revolutionary form of mind control. (1971, 18, 136min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Eye in the Sky** Thriller. (2015, 15, 112min) ★★★★
2.10 **Save the Cinema** Drama. (2021, 12, 109min) ★★★
4.00 **to 6.00** AM **The Colour Room**

Sky Cinema Drama

310 310 410 510 524

8.15 AM **The Good Half** As 2.15am.
9.55 **The Friend** Drama with Naomi Watts. (2024, 15, 123min) ★★★★
11.55 **Cicada** Drama starring Matthew Fifer. (2020, 15, 96min) ★★★★
1.35 PM **P.S. I Love You** As 10.25pm.
3.45 **About Time** Romantic comedy fantasy. (2013, 12, 120min) ★★★
5.50 **Cool Hand Luke** Classic prison drama starring Paul Newman. (1967, 15, 126min) ★★★★★

8.00 Jerry Maguire Romantic comedy drama starring Tom Cruise as an idealistic sports agent who finds support from an adoring single mother and a pugnacious American football star. With Renée Zellweger, Cuba Gooding Jr and Kelly Preston. (1996, 15, 139min) ★★★★
10.25 P.S. I Love You Romantic comedy drama based on the novel by Cecelia Ahern, starring Hilary Swank and Gerard Butler. (2007, 12, 121 min) ★★★

12.35 AM **Babylon** Ground-breaking British drama starring Brinsley Forde, Karl Howman and Mel Smith. (1980, 15, 94min) ★★★
2.15 **The Good Half** Comedy drama starring Nick Jonas and Brittany Snow. (2023, 15, 96min) ★★★
4.00 **to 6.20** AM **Jerry Maguire**

Sky Cinema Sci-fi/Horror

311 311 411 511 525

7.05 AM **Sick** Horror starring Gideon Adlon. (2022, 18, 83min) ★★★
8.45 **2012** Epic disaster movie. (2009, 12, 158min) ★★★
11.30 **Pacific Rim** Sci-fi adventure. (2013, 12, 126min) ★★★
1.50 PM **Ready Player One** Steven Spielberg's sci-fi adventure. (2018, 12, 140min) ★★★★
4.20 **A Quiet Place** Horror thriller. (2018, 15, 90min) ★★★★

6.05 A Quiet Place: Day One Horror prequel starring Lupita Nyong'o. (2024, 15, 100min) ★★★★
8.00 Dune: Part Two Sci-fi drama starring Timothée Chalamet and Zendaya. Freedom fighters Paul and Chani galvanise the Fremen to strike down conspirators against the Atreides dynasty. With Austin Butler. (2024, 12, 166min) ★★★★★
10.50 Get Out Thriller starring Daniel Kaluuya and Allison Williams. (2017, 15, 104min) ★★★★★

12.40 AM **Pet Sematary** Supernatural thriller. (1989, 18, 103min) ★★★
2.25 **From Dusk Till Dawn 3: The Hangman's Daughter** Chiller sequel. (2000, 18, 94min) ★★
4.10 **Tarot** Horror. (2024, 15) ★★
5.45 **to 6.30** AM **Sky Cinema Preview**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

7.00 AM **The Last Airbender**
8.45 **Zathura: A Space Adventure** Fantasy. (2005, PG) ★★★★
10.35 **Peter Rabbit** Family comedy. (2018, PG, 95min) ★★★
12.20 PM **Save the Cinema** (2021)
2.20 **Teenage Mutant Ninja Turtles** Fantasy adventure. (2014, 12, 101min) ★★
4.15 **Babe** Family comedy drama. (1995, U, 92min) ★★★★★
6.00 **Hook** Fantasy adventure. (1991, U, 140min) ★★★

8.30 **The Amazing Spider-Man 2** Action adventure sequel starring Andrew Garfield and Emma Stone. The superhero battles a foe with electrical powers, while an old friend presents an even greater threat. With Jamie Foxx and Dane DeHaan. (2014, 12, 142min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.55 **Save the Cinema** Fact-based drama starring Tom Felton. (2021, 12, 109min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.50 AM **The Last Airbender** M Night Shyamalan's fantasy adventure with Noah Ringer. (2010, PG, 103min) ★★
2.35 **Friend or Foe** Family drama. (1981, U, 70min) ★★★
3.50 **Blithe Spirit** Comedy. (2020, 12, 95min) ★★★
5.35 **to 7.30** AM **It Takes Two** Comedy. (1995, U, 97min) ★

Sky Cinema Action

307 307 407 507 521

6.15 AM **Robin Hood: Prince of...**
8.40 **Man of Steel** Fantasy. (2013, 12, 143min) ★★★
11.05 **The Fall Guy** Action comedy. (2023, 12, 126min) ★★★★
1.15 PM **The Amazing Spider-Man 2** Fantasy sequel. (2014, 12, 142min) ★★★
3.35 **Venom: Let There Be Carnage** As 1.20am.
5.15 **Transformers: Age of Extinction** Sci-fi adventure. (2014, 12, 166min) ★★★

8.00 **Mission: Impossible – The Final Reckoning** Action thriller starring Tom Cruise. Ethan Hunt and the IMF team race to find the Entity, a rogue AI that can destroy mankind. With Hayley Atwell, Ving Rhames and Simon Pegg. (2024, 12, 169min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.55 **Spider-Man 3** Fantasy sequel starring Tobey Maguire. A mysterious substance turns Spider-Man's suit jet-black and brings out a dark side to his personality. (2007, 12, 139min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.20 AM **Venom: Let There Be Carnage** Fantasy sequel. (2021, 15, 97min) ★★★
3.15 **Robin Hood: Prince of Thieves** Fantasy adventure. (1991, PG, 138min) ★★
5.45 **to 7.45** AM **The Beekeeper** Thriller with Jason Statham. (2023, 15, 105min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.30 AM **The Brady Bunch Movie** Comedy. (1995, 12) ★★★
9.05 **Alfie** (1966, 15) ★★★★
11.00 **The Wedding Banquet** Comedy. (2025, 15) ★★★
12.45 PM **Hope Springs** Comedy drama. (2012, 12, 98min) ★★★
2.30 **Bridget Jones: Mad About the Boy** Romantic comedy. (2024, 15, 125min) ★★★★
4.40 **Semi-Pro** (2008, 15) ★★
6.25 **Disaster Movie** Spoof comedy. (2008, 12, 86min) ★

8.00 **White Chicks** Slapstick comedy starring Shawn and Marlon Wayans. Two black FBI agents dress up as white heiress sisters in order to catch a serial kidnapper and get in their boss's good books. With Jaime King. (2004, 15, 109min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **We're the Millers** Comedy starring Jason Sudeikis. A drug dealer, a stripper and two troubled teens pose as a family to smuggle marijuana across the US-Mexico border. (2013, 15, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Jackass: The Movie** Slapstick comedy. (2002, 18, 87min) ★
1.25 AM **Jackass 3** Comedy sequel. (2010, 15, 93min) ★★
3.00 **Jackass Presents: Bad Grandpa** Slapstick comedy. (2013, 15, 92min) ★★★
4.45 **to 6.45** AM **It's Complicated** Comedy. (2009, 15) ★★★★

Sky Cinema Thriller

309 309 409 509 523

7.25 AM **The Last Stop in Yuma County** Crime thriller. (2023, 15, 90min) ★★★★
9.05 **Thieves Highway** Thriller. (2025, 15, 110min) ★★★
10.35 **Collateral** Crime thriller. (2004, 15, 120min) ★★★★
12.40 PM **The Bikeriders** Drama. (2023, 15, 116min) ★★★★
2.40 **The Godfather** Gangster epic. (1971, 15, 167min) ★★★★★
5.40 **The Bourne Legacy** Thriller. (2012, 12, 129min) ★★★

8.00 **Jason Bourne** Action thriller sequel starring Matt Damon and Tommy Lee Jones. Former government operative Jason Bourne is drawn out of hiding to uncover more truths about his father. With Alicia Vikander and Julia Stiles. (2016, 12, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

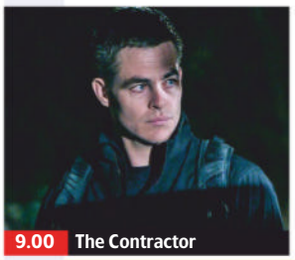
10.10 **Escape from Alcatraz** Fact-based prison drama starring Clint Eastwood as a convict determined to break out of Alcatraz, America's supposedly impregnable island penitentiary. With Patrick McGoohan and Fred Ward. (1979, 15, 112min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Hannibal** Chiller sequel to *The Silence of the Lambs*. (2001, 18, 131min) ★★★
2.25 **The Godfather** As 2.40pm.
5.30 **to 7.00** AM **Mob Cops** Crime drama. (2024, 15, 87min) ★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Dancing at Lughnasa** Drama. (1998, PG, 96min) ★★
1.00 PM **The Bravados** Western. (1958, PG, 98min) ★★★
3.00 **Winchester '73** Western. (1950, b/w, U, 92min) ★★★
4.50 **Guadalcanal Diary** World War Two action drama. (1943, b/w, PG, 93min) ★★★
6.40 **Jumanji: The Next Level** Fantasy adventure sequel. (2019, 12, 123min) ★★★★



Jumanji: The Next Level (film started at 6.40pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **The Contractor** Action drama starring Chris Pine. After being discharged from the Marines, a man joins a paramilitary organisation to support his family in the only way he knows how. With Ben Foster and Gillian Jacobs. (2022, 15, 103min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.05 **Commando** Thriller starring Arnold Schwarzenegger as a retired commando who returns to combat when his daughter is kidnapped by a renegade former comrade. (1985, 18, 90min) ★★★
12.55 **to 3.05** AM **Les Misérables** French thriller starring Damien Bonnard. Partly subtitled. (2019, 15, 103min) ★★★

11 PM

+1hour 314 430 47 301 257

Sky Cinema Feel Good

302 302 402 502 516

7.10 AM **Sixteen Candles** Comedy. (1984, 12, 89min) ★★★
8.50 **Ferris Bueller's Day Off**
10.40 **School of Rock** As 8.00pm.
12.40 PM **Napoleon Dynamite** Teen comedy starring Jon Heder. (2004, PG, 95min) ★★★★
2.15 **Superbad** Teen comedy. (2007, 15, 113min) ★★★★
4.15 **One of Them Days** Comedy. (2025, 15, 97min) ★★★

6.00 **Yesterday** Fantasy comedy starring Himesh Patel and Lily James. (2019, 12, 116min) ★★★
8.00 **School of Rock** Comedy starring Jack Black and Joan Cusack. A wannabe rock guitarist poses as a substitute teacher at an elite private school and attempts to turn his young pupils into a rock band. (2003, PG, 109min) ★★★★
10.00 **Ferris Bueller's Day Off** Teen comedy with Matthew Broderick. (1986, 12, 103min) ★★★★

11.55 **The 40-Year-Old Virgin** Comedy starring Steve Carell. (2005, 15, 116min) ★★★★
1.55 AM **Superbad** As 2.15pm.
3.55 **The Accidental Husband** Comedy. (2008, 12, 86min) ★
5.40 **to 7.15** AM **Napoleon Dynamite** As 12.40pm.

Sky Cinema Greats

304 304 404 504 518

7.50 AM **Groundhog Day** Comedy. (1993, PG, 103min) ★★★★★
9.35 **See No Evil, Hear No Evil** Comedy thriller. (1989, 15) ★★★
11.20 **Beverly Hills Cop** Comedy thriller. (1984, 15) ★★★★
1.10 PM **Beverly Hills Cop II** Comedy thriller sequel. (1987, 15, 99min) ★★★
2.55 **Beverly Hills Cop 3** Comedy thriller sequel. (1994, 15) ★★

4.40 **Sixteen Candles** Teen comedy. (1984, 12, 89min) ★★★
6.15 **Singin' in the Rain** Musical. (1952, U, 102min) ★★★★★
8.00 **Shirley Valentine** Romantic comedy starring Pauline Collins. (1989, 15, 108min) ★★★★
9.50 **Alfie** Comedy drama starring Michael Caine as a womanising cockney who finally meets his match. With Shelley Winters. (1966, 15, 114min) ★★★★
11.45 **Arthur** Comedy starring Dudley Moore. (1981, 15, 93min) ★★★★

1.25 AM **In & Out** Comedy with Kevin Kline, Tom Selleck and Joan Cusack. (1997, 12, 91min) ★★★
3.00 **Dumb and Dumber** Comedy. (1994, 12, 107min) ★★★
4.50 **to 6.35** AM **Galaxy Quest** Sci-fi spoof starring Tim Allen. (1999, PG, 102min) ★★★★

Sky Cinema Animation

305 305 412 500 514

7.15 AM **Rock Dog** As 7.15pm.
8.55 **Monsters vs Aliens** Animation. (2009, PG, 90min) ★★★
10.40 **Open Season** Animated family comedy adventure. (2006, PG, 86min) ★★★★
12.20 PM **The Lego Ninjago Movie** Animated family adventure. (2017, U, 101min) ★★
2.15 **Sneaks** Animated comedy. (2025, PG, 92min) ★★

4.00 **Open Season 2** Animated comedy adventure sequel. (2008, PG, 73min) ★★★
5.30 **Mr Peabody & Sherman** Animated family comedy. (2014, U, 97min) ★★★★
7.15 **Rock Dog** Animated adventure. (2016, PG, 90min) ★★★
8.55 **Buffalo Kids** Animation with the voice of Gemma Arterton. (2024, U, 79min) ★★★
10.30 **Piece By Piece** Animation with the voice of Pharrell Williams. (2024, PG, 105min) ★★★

12.15 AM **Teen Titans Go! & DC Super Hero Girls: Mayhem in the Multiverse** Animation. (2022, PG, 79min) ★★★
1.45 **Open Season 2** As 4.00pm.
3.15 **Pil's Adventures** (2021, U) ★★
4.55 **to 6.20** AM **Tom and Jerry Cowboy Up!** (2021, U) ★★★

Movies 24

312 313 419

7.00 AM **The Attraction Test** Comedy. (2022, PG, 85min) ★★
9.00 **Haunted Wedding** Comedy fantasy. (2024, PG, 84min) ★★
11.00 **Love's Fast Lane** Romantic drama. (2023, PG, 90min) ★★
1.00 PM **My Argentine Heart** Romantic comedy drama. (2025, PG, 84min) ★★
3.00 **A Nashville Legacy** Romantic comedy. (2023, PG, 85min) ★★

5.00 **Junebug** Fantasy drama starring Autumn Reeser and Mila Jones. (2024, PG, 84min) ★★
7.00 **A Missed Connection** Romantic drama with Meggan Kaiser and Alex Trumble. (2023, PG, 90min) ★★
9.00 **Planning on Forever** Romantic comedy with Emily Tennant and Alec Santos. An events planner organises her sister's wedding with the help of a man she went on a disastrous blind date with. (2022, PG, 89min) ★★

11.00 **Been There All Along** Drama. (2023, PG, 89min) ★★
1.00 AM **Love's Greek to Me** Drama (2023, PG, 90min) ★★
3.00 **to 5.00** AM **The Real West** Comedy. (2024, PG, 84min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Johnny Ringo** 30/38. (S1)
6.30 **Women Without Men** Drama. (1956, b/w, PG, 80min) ★★
8.00 **It's All Over Town: Scopitone**
8.10 **Now Barabbas Was a Robber** Drama starring Richard Greene. (1949, b/w, PG, 87min) ★★★
9.50 **To Have and to Hold** Drama. (1950, b/w, PG, 63min) ★★★
11.05 **No Resting Place** Crime drama. (1951, b/w, PG, 80min) ★★★

12.40 PM **Date with Disaster** Drama. (1957, b/w, U, 61min) ★★★
1.55 **Nowhere to Go** Suspense drama. (1958, PG, 87min) ★★
3.55 **Unknown World** Adventure. (1951, b/w, U, 74min) ★
5.30 **Bonanza** 15/34. (S2)
6.30 **The Vise** 33/39. (S1)
7.00 **The Footage Detectives**
8.00 **Reckless** 1/6. Drama. (S1)
9.05 **Gideon's Way** 16/26. (S1)
10.05 **Remember My Name** Cult director Alan Rudolph's offbeat drama. (1978, 15, 96min) ★★★

12.05 AM **The Lineup** Crime thriller. (1958, b/w, PG, 86min) ★★★
1.50 **At War with the Army** Comedy. (1950, b/w, U, 100min) ★
3.40 **Rose of Cimarron** Revenge Western. (1952, U, 73min) ★★
5.15 **Look at Life**
5.30 **to 6.00** AM **Honey West**

MONDAY Sport

19 January

Monday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports Catch Up**
7.00 **Sky Sports Breakfast**
7.30 **LIVE ICC Under-19s World Cup Cricket** Pakistan v Scotland. Coverage of the Group C match staged at Takashinga Sports Club in Harare, Zimbabwe, as Scotland look to cause a major upset against the 2024 semi-finalists.
3.00 PM **Sports Desk**
3.30 **LIVE SA20** Paarl Royals v Joburg Super Kings. Coverage of the T20 match staged at Boland Park.
6.30 **LIVE MNF** Brighton & Hove Albion v Bournemouth. Coverage of the Premier League match from the Amex Stadium. Kick-off **8.00pm**.
11.00 **LIVE NBA Basketball** New York Knicks v Dallas Mavericks. The inter-conference match staged at Madison Square Garden. Tip-off **10.00pm**.
12.30 AM **Sky Sports News**
1.00 **LIVE NBA Basketball** Detroit Pistons v Boston Celtics. The inter-conference game at Little Caesars Arena. Tip-off **1.00am**.
3.30 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **Premier League Highlights**
9.00 **Ref Watch** Analysing decisions.
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Premier League Highlights**
4.00 **Premier League Highlights** Wolves v Newcastle United.
4.30 Aston Villa v Everton.
5.00 **The Premier League Show**
6.00 **Ref Watch** Analysing decisions.
6.30 **LIVE MNF** Brighton & Hove Albion v Bournemouth. The Premier League match from the Amex Stadium. These sides last met back in September in the reverse fixture, with Antoine Semenyo scoring a 61st-minute penalty to help Bournemouth to a 2-1 victory. That win was their third league success in a row and left them in fourth place in the table after four games. Kick-off **8.00pm**.
11.00 **Transfer 360** Gareth Barry.
11.30 **Premier League Stories**
12.00 M'T **MNF Hlts** Recent highlights.
12.30 AM **The Big Interview**
1.00 **PL Retro** Archive action.
3.00 **PL Greatest Games**
4.00 **PL Best Goals 09/10**
5.00 **to 6.00** AM **PL Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Cup** The 2016 final.
8.45 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **Best Goals: EFL Cup 2021/22**
11.30 **EFL Trophy Football**
12.00 NOON **EFL Cup Highlights**
1.00 PM **EFL Highlights**
5.00 **EFL League One Goals**
5.30 **EFL League Two Goals**
6.00 **EFL Highlights** Championship.
6.30 **Bundesliga Highlights Show**
7.30 **EFL League One Goals**
8.00 **EFL League Two Goals**
8.30 **EFL Highlights** Action from Swansea City v Birmingham City.
8.45 West Brom v Middlesbrough.
9.00 Coventry City v Leicester City.
9.15 Ipswich v Blackburn.
9.30 Watford v Millwall.
9.45 **EFL Highlights** Championship.
10.30 **Bundesliga Highlights Show**
11.30 **EFL Greatest Games**
12.00 M'T **Championship Retro**
2.00 AM **Best Moments from the Championship Play-Off Final**
2.30 **Best Moments from the League 1 & 2 Play-Off Final**
3.00 **EFL Greatest Games**
4.00 **EFL Cup Retro** The 2015 final.
5.00 **There's Only One Sauzee**
5.30 **to 6.00** AM **Dundee United – Champions 83**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **SA20** Tournament highlights.
7.00 **Best of England v South Africa**
7.15 **LIVE ICC Under-19s World Cup Cricket** Pakistan v Scotland. Coverage of the Group C match staged at Takashinga Sports Club in Harare, Zimbabwe, as Scotland look to cause a major upset against the 2024 semi-finalists.
2.50 PM **Best of England v South Africa** Action from 2011.
3.05 **Best of ICC WT20**
3.20 **LIVE SA20** Paarl Royals v Joburg Super Kings. Coverage of the T20 match staged at Boland Park.
7.00 **SA20** Tournament highlights.
8.00 **WPL** Action from Gujarat Giants v Royal Challengers Bengaluru.
9.00 **SA20** Highlights from Paarl Royals v Joburg Super Kings.
10.00 **Big Bash League** Perth Scorchers v Melbourne Stars.
11.00 **SA20** Highlights from Joburg Super Kings v Pretoria Capitals.
12.00 M'T **WPL** Tournament highlights.
2.00 AM **Big Bash League**
5.20 **Best of Jimmy Anderson**
5.30 **Best of England v South Africa**
5.45 **to 6.00** AM **Best of ICC WT20**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **DP World Tour Golf** Day four of the Dubai Invitational.
11.00 **PGA Tour Golf** The fourth day of the The Sony Open in Hawaii.
2.00 PM **Golf** Action from the Latin America Amateur Championship.
5.00 **Chronicles of a Champion Golfer** Profiles of leading players.
6.00 **DP World Tour Golf** Action from day four of the Dubai Invitational at Dubai Creek Golf & Yacht Club.
7.00 **PGA Tour Golf** Action from day four of the Sony Open at the Waialae CC in Honolulu, Hawaii.
8.00 **You Can Play Golf**
8.30 **Junior Golf** Highlights of the 2025 Junior Golf Championship.
9.00 **Beyond the Scorecard**
9.30 **TGL** Highlights of Jupiter Links v New York staged at SoFi Center.
11.30 **You Can Play Golf**
12.00 M'T **PGA Tour Golf**
1.00 AM **Tee Time Tips**
2.00 **to 6.00** AM **PGA Tour Golf**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **ATP/WTA Tour Classics**
8.00 **WTA & ATP Tennis**
10.00 **Best of the US Open 2025**
12.00 NOON **Djokovic Top 10**
2.00 PM **WTA & ATP Tennis**
4.00 **Murray's Moments**
6.00 **Djokovic Top 10** Archive action.
8.00 **WTA & ATP Tennis** Highlights from the Auckland Open finals held at the ASB Tennis Centre.
10.00 **ATP/WTA Tour Classic Matches**
12.00 M'T **US Open Classic Matches**
2.00 AM **WTA & ATP Tennis**
4.00 **to 6.00** AM **Murray's Moments**

TNT Sports 1

410 413 521 408 430

6.00 AM **LIVE Australian Open** Coverage of day two of the Grand Slam event, featuring first-round matches from Melbourne Park.
1.30 PM **Snooker Masters** The final.
3.30 **The WRC Magazine**
4.00 **Premier League Stories**
4.30 **Premier League** A replay of Nottingham Forest v Arsenal.
6.00 **LIVE Ultimate Pool** Coverage of Group Three of the Women's Champions League, as leading eight-ball players battle it out.
9.30 **A-League Highlights** Action from the 13th round of fixtures.
10.00 **A-League Women Highlights**
10.30 **UEFA Champions League Magazine** News and updates.
11.00 **UEFA Europa League & Conference League Magazine**
11.30 **The WRC Magazine**
12.00 M'T **The Breakdown**
12.30 AM **LIVE Australian Open** Day three of the Grand Slam event, featuring first-round matches at Melbourne Park.
4.45 **to 8.15** AM **LIVE T20 Super Smash** Northern Brave v Central Stags. Coverage of the match held at Seddon Park in Hamilton.

TNT Sports 2

411 414 522 409 431

6.00 AM **Premier League Stories**
6.30 **Premier League: Big Interview**
7.00 **Premier League** A replay of Nottingham Forest v Arsenal.
8.30 **Serie A** Cagliari v Juventus.
9.30 AC Milan v Lecce.
10.30 **UEFA Champions League Magazine** News and action.
11.00 **UEFA Europa League & Conference League Magazine**
11.30 **Women's FA Cup** Newcastle United v West Ham United.
12.30 PM Arsenal v Aston Villa.
1.30 **One-Day International Cricket** Action from India v New Zealand.
2.30 **UEFA Champions League – Classics** Paris Saint-Germain v Barcelona from 2014/15.
3.00 **UEFA Champions League Magazine** News and action.
3.30 **UEFA Europa League & Conference League Magazine**
4.00 **Serie A** Cagliari v Juventus.
5.00 AC Milan v Lecce.
6.00 **Australian Open** Highlights from day two at Melbourne Park.
7.30 **The WRC Magazine**
8.00 **WRC Review** Rally Estonia.
9.00 **Fishing: On the Bank**
10.00 **Snooker Masters** Action from the final at Alexandra Palace.
12.00 M'T **to 6.00** AM **A-League**

Sky Sports NFL

412 410 517 507 426 446

6.00 AM **NFL Highlights**
10.00 **NFL Bitesize Highlights**
11.00 **NFL Highlights**
12.00 NOON **NFL Bitesize Highlights**
1.00 PM **Good Morning Football**
3.00 **NFL Bitesize Highlights**
4.00 **NFL Highlights** New England Patriots v Los Angeles Chargers.
5.00 Highlights from the second Divisional play-off match.
6.00 **NBC's Pro-Football Talk** Mike Florio and Chris Simms present this NFL talk show, as they discuss and debate the biggest stories from around the league.
8.00 **NFL Bitesize Highlights** The first Divisional play-off match.
8.15 Action from the fourth Divisional play-off match.
8.30 Highlights from the third Divisional play-off match.
8.45 Action from the second Divisional play-off match.
9.00 **NFL Highlights** The fourth Divisional play-off match.
10.00 Highlights from the third Divisional play-off match.
11.00 Action from New England Patriots v Los Angeles Chargers.
12.00 M'T **The Insiders** NFL news.
1.00 AM **NFL Bitesize Highlights**
2.00 **to 6.00** AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **Sky Sports Catch Up**
7.00 **Sky Sports Breakfast**
9.00 **Ref Watch** Analysing decisions.
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live**
1.50 **LIVE WPL** Gujarat Giants v Royal Challengers Bengaluru. The women's T20 match at Baroda Cricket Association Stadium.
5.30 **The Premier League Show**
7.00 **The Transfer Show**
7.30 **LIVE NBA Basketball** Cleveland Cavaliers v Oklahoma City Thunder. The inter-conference match at Rocket Arena. Tip-off **7.30pm**.
10.00 **LIVE NBA Basketball** New York Knicks v Dallas Mavericks. The inter-conference match staged at Madison Square Garden. Tip-off **10.00pm**.
12.30 AM **Sky Sports News**
1.00 **LIVE NBA Basketball** Detroit Pistons v Boston Celtics. Coverage of the inter-conference match at Little Caesars Arena. Tip-off **1.00am**.
3.30 **Sky Sports News**
4.00 **to 6.00** AM **WTA Tennis**

Sky Sports Mix

416 412 510 429 449

6.00 AM **Big Bash League**
7.00 **Best of ICC WT20**
7.15 **LIVE ICC Under-19s World Cup Cricket** Ireland v Sri Lanka. Coverage of the Group A match from Namibia Cricket Ground in Windhoek.
3.00 PM **NFL Bitesize Highlights**
3.30 **Best of England v South Africa**
3.45 **Best of ICC WT20**
4.00 **NFL Highlights**
6.00 **LIVE NBA Basketball** Atlanta Hawks v Milwaukee Bucks. Coverage of the Eastern Conference match from State Farm Arena. Tip-off **6.00pm**.
8.30 **NFL Bitesize Highlights**
9.00 **WTA & ATP Tennis** Highlights from the Adelaide Open finals.
11.00 **Super League Highlights**
12.00 M'T **PL Greatest Games**
1.00 AM **World Darts Championship**
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **PGA Tour Golf**

TNT Sports 3

413 415 523 410 432

6.00 AM **LIVE Australian Open** Coverage of day two of the Grand Slam event, featuring first-round matches from Melbourne Park.
1.30 PM **A-League** Highlights from Melbourne City v Auckland FC.
2.30 Perth Glory v Brisbane Roar.
3.30 Western Sydney Wanderers v Newcastle Jets highlights.
4.30 Highlights from Central Coast Mariners v Macarthur FC.
5.30 Highlights from Adelaide United v Melbourne Victory.
6.30 The key moments from Sydney FC v Wellington Phoenix.
7.30 **Women's FA Cup** Newcastle United v West Ham United.
8.30 Arsenal v Aston Villa.
9.30 **One-Day International Cricket** Action from India v New Zealand.
10.30 **The Breakdown** World Cup.
11.00 **Australian Open** Day two.
12.30 **to 6.00** AM **LIVE Australian Open** Day three of the Grand Slam event at Melbourne Park.

TNT Sports 4

414 416 524 411 434

6.00 AM **LIVE Australian Open** Coverage of day two of the Grand Slam event at Melbourne Park.
1.00 PM **Premier League Stories**
1.30 **The Edge** A look back at the opening Test of the Ashes.
2.30 The second Ashes Test.
3.30 The third Ashes Test.
4.30 Highlights and analysis from the fourth Ashes Test.
5.30 **The Breakdown**
6.00 **Alpine Skiing** The men's downhill from Wengen in Switzerland.
6.30 Men's slalom in Wengen.
7.30 Action from the women's downhill in Tarvisio, Italy.
8.00 **Australian Open** Highlights from day two at Melbourne Park.
9.30 **Roll the Tape** Ronnie O'Sullivan.
10.30 **The Edge** Highlights and analysis from the fifth Ashes Test.
11.30 **Fishing: On the Bank**
12.30 **to 6.00** AM **LIVE Australian Open** Day three of the Grand Slam staged at Melbourne Park.

Premier Sports 1

419 551

6.00 AM **Sporting Countdowns**
7.00 **LaLiga** Another chance to see Celta Vigo v Rayo Vallecano.
9.00 **World of FreeSports**
9.30 **Champions Cup** A replay of Bristol Bears v Bordeaux Begles.
11.30 Munster v Castres.
1.30 PM **Sporting Countdowns**
2.00 **NHL on the Fly**
2.30 **NHL: This is Hockey**
3.00 **Champions Cup** Another chance to see Bath v Edinburgh.
5.00 **LaLiga** Real Sociedad v Barcelona.
6.55 **Champions Cup Highlights**
7.55 **LIVE LaLiga** Elche v Sevilla. The Spanish match from Estadio Manuel Martinez Valero. Kick-off **8.00pm**.
10.00 **Sporting Countdowns**
10.30 **Champions Cup Highlights**
11.30 **NHL Ice Hockey** Edmonton Oilers v St Louis Blues replay.
1.30 AM **LaLiga** Elche v Sevilla.
3.30 **Eredivisie** PEC Zwolle v AZ.
5.30 **to 6.00** AM **Sporting Greats**

Premier Sports 2

420 552

6.00 AM **Challenge Cup**
8.00 **NHL Ice Hockey**
10.00 **Bike World** Magazine.
10.30 **FastZone** Motorsports highlights.
11.00 **Champions Cup** Pau v Bulls.
1.00 PM Bayonne v Leinster.
3.00 **Bike World** Magazine.
3.30 **Football's Greatest**
4.00 **LaLiga** Another chance to see Celta Vigo v Rayo Vallecano.
6.00 **Football's Greatest**
7.00 **NHL Ice Hockey** Dallas Stars v Tampa Bay Lightning.
9.00 **LIVE NHL Ice Hockey** Washington Capitals v Colorado Avalanche. Coverage of the match staged at Capital One Arena. Face-off **9.00pm**.
12.00 M'T **NHL Specials**
12.30 AM **LIVE NHL Ice Hockey** Toronto Maple Leafs v Minnesota Wild. From Scotiabank Arena. Face-off **12.30am**.
3.30 **Temples of Sport**
4.00 **to 6.00** AM **Eredivisie**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **The Best of F1 2025**
7.00 **F1 Explained**
8.00 **Formula 2** A replay of the 2025 Monaco Grand Prix sprint race.
9.20 **Formula 2** Replay of the 2025 Monaco Grand Prix feature race.
11.00 **The F1 Show** Race preview.
12.00 NOON **Formula 1** The Monaco Grand Prix qualifying session.
2.30 PM **Ted's Notebook**
3.00 **Formula 1** Another chance to see the 2025 Monaco Grand Prix.
7.45 **Ted's Notebook**
8.15 **Oscar Piastri's Career**
8.25 **F1 Explained: Pit Lane Battle**
8.30 **Secret Cinema: Ocon's First Win**
9.00 **Formula 1** Highlights from the 2025 Monaco Grand Prix.
10.00 The Spanish Grand Prix at Circuit de Barcelona-Catalunya.
11.00 The Canadian Grand Prix.
12.00 M'T **F1 Explained**
1.00 **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Tuesday

20 January

Evening Planner

Tuesday

Football

Champions League

TNT Sports & Prime Video

In action tonight are Bodø/Glimt against Man City (k-o 5.45pm), Inter v Arsenal (8pm) and Spurs v Dortmund (8pm).

Nature

Winterwatch

BBC2, 7pm

Michaela Strachan (above) and the team report on seasonal goings-on from the new location of Mount Stewart, Co Down.

Documentary

Killer in the House

ITV1, 9pm

The murder of Nicholas Billingham, who was killed by his partner who then claimed he had left for another woman.

Documentary

The Secret of Me

C4, 10pm

One-off documentary following the experiences of a college student who discovered they had been born intersex.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Inside the Factory		9.00 Waterloo Road		10.00 News; Local News	
	102 BBC2	7.00 Winterwatch		8.00 Rick Stein's Australia		9.00 QI XL	9.45 Live at the Apollo		10.30 Newsnight
	103 ITV1		7.15 The Martin Lewis Money...	8.00 Emmerdale	8.30 Coronation...	9.00 Killer in the House: The Murder of...		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 What Not to Eat		9.00 24 Hours in Police Custody...		10.00 The Secret of Me	
	105 5	7.00 Supermarket Own-Brands: The Big...		8.00 Dogs Behaving (Very) Badly		9.00 The Good Ship Murder		10.00 Street Cops: Catching the Yobs	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 Rob & Romesh vs Team GB: Winter...		9.00 Super/Man: The Christopher Reeve Story			
ENTERTAINMENT	115 BBC3		7.05 SpongeBob...	7.30 Deadly 60	8.00 Top Gear		9.00 Gavin & Stacey	10.00 Things You Should Have Done	
	116 BBC4	7.00 Great British...		7.30 Wainwright...	8.00 Yes, Prime Minister		9.00 JLB: The Man Who Saw the Future		10.15 The Birth of Television
	118 ITV2	7.00 Deal or No Deal			8.00 The Real Housewives of Orange County		9.00 Love Island: All Stars		10.05 Grosse Pointe Garden Society
	136 MORE4	‹ 6.55 Car S.O.S.					9.00 Saving Country Houses with Penelope...	10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks		7.30 The Simpsons	8.00 First Dates		9.00 Gogglebox		
	107 SKY WITNESS	7.00 Police 24/7			8.00 Law & Order: Criminal Intent		9.00 Law & Order: Special Victims Unit	10.00 Fire Country	
	108 SKY ATLANTIC	‹ 6.50 Game of Thrones					9.00 Succession		
	110 U&GOLD		7.20 Dad's Army		8.00 Fawlty Towers			10.00 Men Behaving...	10.35 Fawlty...
	111 U&DAVE	7.00 Would I Lie to You?		7.40 Richard Osman's House of Games			9.00 Have I Got a Bit More News for You	10.00 QI XL	
	119 ITV3	‹ 6.55 Heartbeat			8.00 Vera			10.00 Foyle's War	
	120 ITV4	‹ 4.00 World Series of Darts – Live			8.00 The Motorbike Show		9.00 Ice Road Truckers	10.00 Wrestling: AEW Collision	
	112 COMEDY CENTRAL	7.00 Friends					9.00 Film: Big Daddy		
	152 SKY SCI-FI	7.00 Star Trek: Deep Space Nine			8.00 Stargate SG-1		9.00 Grimm		
	113 SKY MAX	7.00 Stargate SG-1			8.00 Rob & Romesh vs Team GB: Winter...		9.00 Film: Final Score		
	109 U&ALIBI	7.00 Miss Fisher's Murder Mysteries			8.00 Death in Paradise		9.00 Dark Winds	10.00 Death in Paradise	
	124 SKY ARTS	7.00 Alfred Hitchcock Presents			8.00 The World in a Painting: Caravaggio's Comb		9.15 Irvine Welsh: Reality Is Not Enough		
	132 U&W	7.00 My Kitchen Rules: South Africa			8.00 One Born Every Minute			10.00 Pete Wicks: For Dogs' Sake	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers					9.00 Gold Rush		
	162 ANIMAL PLANET	7.00 Treehouse Masters			8.00 Guardians of the Glades		9.00 Alaska: The Last Frontier	10.00 Alaskan Bush People: Bushcraft...	
	129 NAT GEO	7.00 Air Crash Investigation			8.00 Liberation: D-Day to Berlin		9.00 Hitler's Last Stand	10.00 Unmasking the Killers of the Third...	
	123 SKY HISTORY	7.00 Forged in Fire			8.00 WW2 Air Crash Detectives		9.00 World War II: Witness to War		
	155 U&YESTERDAY	7.00 Great Canal Journeys			8.00 Flipping Bangers		9.00 Bangers & Cash		
	121 SKY DOCS	7.00 History of the Sitcom					9.00 Mind Over Murder		
FILMS – Sky Cinema	301 PREMIERE	‹ 6.00 28 Years Later			8.00 Sinners				10.20 Nuremberg
	302 FEEL GOOD	‹ 5.55 Back to the Future			8.00 E.T. The Extra Terrestrial			10.00 Men in Black	
	303 BRIT HITS	‹ 6.20 Cleaner			8.00 Snatch			9.50 Mean Machine	
	304 GREATS	‹ 6.15 Police Academy			8.00 Police Academy 2: Their First Assignment		9.30 Police Academy 3: Back in Training		
	305 ANIMATION		7.05 Madagascar			8.40 Fireheart			10.20 Pil's Adventures
	306 FAMILY	‹ 6.00 IF		7.50 Jack the Giant Slayer				9.50 The Cat in the Hat	
	307 ACTION	‹ 5.40 Batman Returns			8.00 Batman & Robin				10.20 Batman Forever
	308 COMEDY	‹ 6.10 School of Rock			8.00 Daddy's Home 2			9.45 See No Evil, Hear No Evil	
	309 THRILLER	‹ 6.00 Speak No Evil			8.00 The Perfect Storm				10.15 The Godfather Part II
	310 DRAMA	‹ 6.20 The Boy in the Striped Pyjamas			8.00 Darkest Hour				10.15 Quartet
	311 SCI-FI	‹ 5.15 2012			8.00 Edge of Tomorrow			10.00 Bram Stoker's Dracula	
	313 FILM4	‹ 5.30 The Enemy...	7.30 Titanic						
SPORT	401 MAIN EVENT	7.00 Gillette Labs...	7.30 EFL – Live: Wrexham v Leicester City (Kick-off 8.00)						10.30 Back Pages...
	402 PREMIER LEAGUE	7.00 Gillette Labs Soccer Special							10.15 Match Officials Mic'd Up
	403 FOOTBALL	7.00 EFL Highlights	7.30 EFL – Live: Wrexham v Leicester City (Kick-off 8.00)						10.30 Best Goals...
	405 CRICKET	7.00 SA20		8.00 WPL		9.00 SA20		10.00 WPL	
	410 TNT SPORTS 1	7.00 UEFA Champions League – Live: Tottenham Hotspur v Borussia Dortmund (Kick-off 8.00)							10.30 UEFA Goals...
	411 TNT SPORTS 2	‹ 5.00 UEFA Champions League – Live: Bodo/Glimt v Manchester City (Kick-off 5.45); Real Madrid v Monaco (Kick-off 8.00)							10.30 UEFA Goals...

‹ Denotes programmes starting before 7.00pm † Regions vary

TUESDAY

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Tuesday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Rip Off Britain** New edition (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Lost and Found in the Lakes** New edition A lost bracelet. (S)(AD)
2.30 **Animal Park** (S)(R)(AD)
3.00 **Escape to the Country** New edition Briony May Williams helps a buyer in Pembrokeshire. (S)
3.45 **Garden Rescue** (S)(R)
4.30 **The Travelling Auctioneers** New edition A pair of siblings clear their late mother's home. (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

8.00 Inside the Factory

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **The Travelling Auctioneers** (R)
7.15 **Bargain Hunt** (S)(R)
8.00 **Sign Zone: Weatherman Walking: The Welsh Coast** (S)(R)
8.30 **Sign Zone: Robson Green's Weekend Escapes** (S)(R)(AD)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 LIVE **Bowls: World Indoor Championships** Coverage from Potters Resorts at Hopton-on-Sea, Norfolk, featuring the mixed pairs final and a last-16 match in the open singles. (S)
5.15 **Flog It!** From London Zoo. (S)(R)
6.00 **Richard Osman's House of Games** New edition Quiz. (S)
6.30 **Robson Green's Weekend Escapes** New edition Robson heads to the Cairngorms with presenter Gail Porter. (S)(AD)

8.00 Rick Stein's Australia

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.30 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** New edition David Dickinson and his team assess items in Leeds, with one seller cashing in a gold bullion collection. (S)(AD)
3.00 **Time Is Money** New edition Quiz show hosted by Sara Davies. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as contestant Asiya tries to open the 22 red boxes in the right order. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.00 Emmerdale

CHANNEL 4

104/108 | 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** (S6) (S)(R)
7.50 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 7-10/24. (S9) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** New edition Sharon and Bongo plan a takeaway business in the Spanish mountains. (S)
5.00 **Junior Bake Off** New edition Day two of Finals Week features challenges inspired by travel, as the young bakers come up with choux pastry postcards. (S)(AD)
6.00 **A Place in the Sun** New edition A woman searches for her ideal holiday home in Puglia, Italy. (S)

8.00 What Not to Eat

7 PM

7.00 **The One Show** Alex Jones and Lauren Laverne present the topical show. (S)
7.30 **EastEnders** Jasmine is adamant that she and Oscar must leave Walford, while Ricky arranges a surprise birthday party for Phil. (S)(AD)

7.00 **NEW SERIES Winterwatch** 1/4. Chris Packham, Michaela Strachan and Iolo Williams broadcast from the Mount Stewart estate on the shores of Strangford Lough in Northern Ireland. *See feature, page 21.* (S)
■ Continues tomorrow

7.15 **The Martin Lewis Money Show: Live** New edition The cash expert answers the financial questions that matter most, and offers tips and tricks for making finances go further. (S)

7.00 **News** (S)

8 PM

8.00 **Inside the Factory** New edition 4/6. Paddy McGuinness is in Nottingham to uncover the secrets behind one of Britain's busiest pharmaceutical factories, where throat lozenges and ibuprofen tablets are produced. (S)(AD)

8.00 **Rick Stein's Australia** New edition 3/6. Chef Rick Stein travels from Sydney towards Queensland, hoping to see how the popularity of a laid-back lifestyle is shaping food and dining. (S)(AD)

8.00 **Emmerdale** A compilation of scenes looking at Rhona's journey over the past two weeks. (S)(AD)
8.30 **Coronation Street** Eva calls an ambulance when Ben experiences some heart palpitations. (S)(AD)

8.00 **What Not to Eat** New edition 3/4. Tim Spector and Kandi Ejiofor show the chemicals that can be found in diet drinks, explain why it's a good idea to freeze bread and reveal the benefits of nutritious recipes on health. (S)(AD)

9 PM

9.00 **Waterloo Road** New episode 5/8. Nicky's instincts tell her something is wrong with Tonya, Agnes spirals as Schuey pushes her too far, and Darius fears Stella will find out his secret. (S17) (S)(AD)
■ Continues at 10.40pm

9.00 **QI XL** New edition *Willy Nilly:* Sandi Toksvig goes willy-nilly through the letter W with Alan Davies, Josh Widdicombe, Catherine Bohart and Russell Kane. (S)
9.45 **Live at the Apollo** New edition 5/7. Ivo Graham introduces stand-up sets by Catherine Bohart and Nabil Abdulrashid at London's Hammersmith Apollo. (S)
10.30 **Newsnight** (S)

9.00 **NEW Killer in the House: The Murder of Nicholas Billingham** The case of primary school teacher Fiona Beal, who killed her partner Nicholas Billingham and claimed that he had left her for another woman. (S)(AD)

9.00 **NEW 24 Hours in Police Custody Investigates: Zombie Knives** An investigation into the epidemic of knife crime violence that left 97 young people murdered in 2025. (S)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Waterloo Road** New episode 6/8. Nicky struggles with her confidence, leading to disastrous results, while Darius's desperation sees him take big steps to protect his secret. (S17) (S)(AD)
11.40 NEW TO BBC1 **Things You Should Have Done** 1/6. Return of the sitcom starring Lucia Keskin. Chi decides to get therapy. (S)
12.10 AM New episode 2/6. Dave considers asking his rich estranged sister for help. (S)
12.40 New episode 3/6. Ruth instructs Chi to help out at a food bank. *Previously on BBC3.* (S2) (S)
1.10 **Weather for the Week Ahead** (S)
1.15 **to 6.00** AM **BBC News** (S)

11.00 **Digging for Britain** (S)(R)(AD)
12.00 M'T FILM **The Piano** Director Jane Campion's Oscar-winning drama starring Holly Hunter. (S)(AD) (1993, 15, 115min) ★★★★
1.55 AM **Sign Zone: What We Do in the Shadows** 2/11. (S6) (S)(R)(AD)
2.20 **Sign Zone: The Traitors** (S)(R)(AD)
3.20 **Sign Zone: Can You Keep a Secret?** 2/6. (S1) (S)(R)(AD)
3.50 **Sign Zone: Amanda & Alan's Greek Job** 3/8. (S)(R)(AD)
4.20 **to 6.30** AM **Previews** (S)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Long Lost Family** Alan Parker and Katherine Fletcher both attempt to find out more about their respective parents. (S)(R)(AD)

11.45 **It'll Be Alright on the Night** Tom Allen celebrates TV clangers, including an accidental innuendo with Idris Elba. (S)(R)(AD)
12.10 AM **Teleshopping**
3.00 **Long Lost Family: The Mother and Baby Home Scandal** 2/2. Siblings Viv and Julie continue their search for their older sister. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

10.00 NEW **The Secret of Me** One-off documentary following the story of a college student whose personal search for the truth led to the uncovering of a global medical scandal. (S)(AD)

12.05 AM **24 Hours in A&E** (S)(R)(AD)
1.00 **Celebrity SAS: Who Dares Wins** The recruits endure a brutal mountain ascent. (S)(SL)(R)(AD)
1.55 **Ramsay's Kitchen Nightmares USA** Catch-up edition. (S)(SL)(R)
2.45 **Couples Come Dine with Me** (R)
3.35 **Jamie's £1 Wonders** (S)(SL)(R)
4.30 **Find It, Fix It, Flog It** (S)(R)
4.50 **Kirstie and Phil's Love It or List It** A riverside cottage in Surrey. (S)(R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 203 | 303 | 35 | 112 | 251

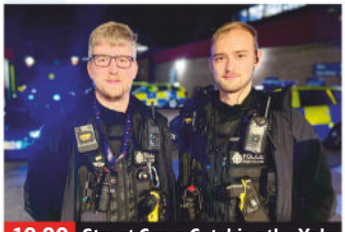
+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **The Madame Blanc Mysteries** 7/7. Jean investigates when Raffy Ozanne is found dead in his shop. (S2) (S)(R)(AD)
4.00 **Bargain-Loving Brits in the Sun** New edition Sunshine Radio presenter Simon swaps the studio for the stage. (S)
5.00 **News** (S)
6.00 **The Travel Show: How to Have a Great Holiday** Richard Arnold gets tips on the best autobiographies to help ignite a traveller's wanderlust. (S)(R)
6.55 **News** (S)



10.00 Street Cops: Catching the Yobs

7.00 **Supermarket Own-Brands: The Big Taste Test** A look at some of the best bargains offered by German retailers Aldi and Lidl. (S)(R)
7.55 **News** (S)

8.00 **Dogs Behaving (Very) Badly** New edition Dog trainer Graeme Hall meets a lively pack of Pekingese dogs, and French bulldog Gizmo, who keeps screaming whenever he is out in public. (S)

9.00 **The Good Ship Murder** New episode *Crete:* 4/8. In Crete, a photographer hopes to recreate an iconic photograph of his past, but when he is murdered, Jack and Kate take on the case to find the killer. (S3) (S)(AD)

10.00 **Street Cops: Catching the Yobs** New edition Police are braced for trouble at the play-off final between Kettering Town and AFC Telford, with one of the biggest crowds ever-seen at a non-league stadium. (S)

11.05 **Fare Dodgers: At War with the Law** A law student is caught without a valid ticket. (S)(R)
12.05 AM **Call the Bailiffs: Time to Pay Up** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Rich House, Poor House** (S)(R)
3.50 **Save Money on Your Supermarket Shop** (S)(R)
4.35 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S6) (S)(R)
11.00 **Coral City** (S)(R)
12.00 NOON **The Flash** (S8) (S)(R)
1.00 PM **Hawaii Five-0** (S9) (S)(R)
3.00 **S.W.A.T.** 21/21. (S3) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S13) (S)(R)
5.00 **The Simpsons** *Homer's Crossing:* Homer volunteers to be a school crossing guard. (S)(R) **5.30** *Pin Gal:* A mysterious figure from Marge's past returns. (S)(R)
6.00 **The Office (US)** 19/25. Dwight shoots Stanley with a bull tranquiliser after he refuses to go on a sales call. (S)(R) **6.30** 20/25. Dwight and Angela compete to build the best paper aeroplane. (S9) (S)(R)

9.00 Super/Man

7.00 **The Simpsons** *A Mid-Childhood Night's Dream:* Marge feels overwhelmed by her fear of the kids growing up. (S)(R) **7.30** *McMansion & Wife:* Lisa puts a stop to Nelson's bullying spree. (S)(R)

8.00 **Rob & Romesh vs Team GB: Winter Special** 5/6. The duo try their hands at winter sports, with help from former ski-jumper Eddie 'the Eagle' Edwards and 2022 Olympic curling champion Eve Muirhead. (R)

9.00 **Super/Man: The Christopher Reeve Story** A profile of the actor who rose to fame after starring in the 1978 film *Superman*, but was paralysed from the neck down in 1995 after a horse-riding accident. (S)(R)(AD)

11.00 **John Bishop 25 Tour: Live from Dublin** A stand-up performance recorded at the 3Arena in which the comedian marks 25 years since he first stepped onto the stage. (S)(R)
12.45 AM **The Force: North East** (R)
1.40 **Road Wars** Double bill. (R)
3.00 **S.W.A.T.** 21/21. (S3) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S13) (S)(R)
5.00 **to 6.00** AM **Stop, Search, Seize** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
11.40pm Scotcast (S)(R) **12.10am** Things You Should Have Done (S)(R) **1.40** Weather for the Week Ahead (S) **1.45-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
9.00-10.00pm NEW Confessions of a Killer (S) **10.40** Waterloo Road New episodes (S)(AD) **12.40am** Things You Should Have Done (S)(R) **1.40-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
9.45pm Gardening Together with Diarmuid Gavin (S)(R) **10.00-10.30** Farm 999 (S)(R) **11.00** Titanic Sinks Tonight (S)(R) **12.00m't** Live at the Apollo New edition (S) **12.45am** Digging for Britain (S)(R) (AD) **1.45-1.55am** Barra on the Foyle (S)(R)

WALES
Sky 968, Freesat 968
11.00pm-12.00m't First Minister's Questions (S)

ITV1

As main ITV1 except:
WALES
10.45-11.45pm Sharp End: Political discussion. (S)

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Gwladfa: Gwilym Bowen Rhys **12.30** Heno **1.00** Welsh Whisperer – Ni'n Teithio Nawr! (AD) **1.30** Ffermio **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** 6 Gwlad Shane ac Ieuan **4.00** Awr Fawr **5.00** Stwnsh **6.00** Cysgu O Gwmpas (AD) **6.25** Darllediad Gwleidyddol **6.30** Sgwrs Dan y Lloer **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm (AD) **8.25** Rownd a Rownd (AD) **8.55** Newyddion a'r Tywydd **9.00** Y Cyfweliad New edition **9.35** Cymru ar Gyffuriau New edition **10.00** Con Jones: Twyllwr Gorau'r Byd **11.00-11.35pm** Y Fets (AD)

TV&Satellite week
New issue on sale today

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **SpongeBob SquarePants** Double bill of episodes.
7.30 **Deadly 60** Steve Backshall investigates whether Nile crocodiles deserve their reputation as killers.
8.00 **Top Gear** Jeremy Clarkson drives the Jaguar F-Type.
9.00 **Gavin & Stacey** 8/8. The couple make a surprise announcement. (S2)
10.00 NEW SERIES **Things You Should Have Done** 1/6. Return of the sitcom. Chi decides to get therapy. **10.30** New episode 2/6. Dave considers asking his rich estranged sister for help. **11.00** New episode 3/6. Ruth instructs Chi to help out at a food bank. (S2)
11.30 FILM **The Blackening** Horror comedy with Grace Byers and Jermaine Fowler. (2022, 15, 97min) ★★★★
1.00 AM **The Beauty Queen and the Catfish** Documentary.
1.45 **Top Gear** As 8.00pm.
2.45 **Press X on the BBC**
2.55 **to 3.55** AM **Gavin & Stacey**

MORE4

136/137 127 147 18 124 15

8.55 AM **Food Unwrapped**
9.30 **Find It, Fix It, Flog It**
10.25 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **A Place in the Sun** A Hull man looks for his dream property in Huelva, Spain.
5.55 **Car S.O.S** Tim Shaw and Fuzz Townshend take on a Opel Manta GTE owned by a former amateur rally driver.
6.55 **Car S.O.S** Tim and Fuzz take on carpenter Mike's 1980 Ford Escort RS2000.
8.00 **Car S.O.S** Tim and Fuzz take on a wreck of a VW Dune Buggy, owned by a father of three from East Yorkshire.
9.00 **Saving Country Houses with Penelope Keith** New edition In the Cotswolds, young couple James and Emma recently inherited Chavenage House and have bold plans to turn the estate into a glamping and sauna destination.
10.00 **24 Hours in A&E** A woman with a severe form of autism is brought in by her sister, having suffered an injury to one of her fingers.
11.05 **24 Hours in A&E** A man who suffered a fall is treated for possible head trauma.
12.10 AM **Saving Country Houses with Penelope Keith**
1.15 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 347 125

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Great British Railway Journeys** Michael Portillo explores the Britain of his youth, starting at Preston's Fulwood Barracks and visiting Bury Bolton Street Station in Greater Manchester.
7.30 **Wainwright Walks** Julia Bradbury sets off in the footsteps of Alfred Wainwright, heading for the summit of Helvellyn.
8.00 **Yes, Prime Minister** Jim tries to censor the former PM's memoirs. **8.30** Jim wrangles over the Channel Tunnel borders.
9.00 **JLB: The Man Who Saw the Future** The story of John Logie Baird, the man who invented television.
10.15 **The Birth of Television** Leslie Mitchell explores the origins of television.
11.45 **The Lost World of Tibet**
12.45 AM **Great British Railway Journeys** As 7.00pm.
1.15 **Wainwright Walks**
1.45 **JLB: The Man Who Saw the Future** As 9.00pm.
3.00 **to 4.00** AM **Wild China**

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Junior Bake Off**
8.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Goldbergs**
10.00 **Modern Family**
11.00 **Ramsay's Kitchen Nightmares USA**
1.00 PM **Brooklyn Nine-Nine**
2.00 **The Simpsons**
3.00 **The Goldbergs**
4.00 **Modern Family**
5.00 **Brooklyn Nine-Nine**
6.00 **The Simpsons** Double bill.
7.00 **Hollyoaks** Donny continues to refuse help, and a resident seeks revenge.
7.30 **The Simpsons** *Thursdays with Abie:* A columnist writes stories about Grampa.
8.00 **First Dates** Twenty-four year-old William is matched with 23-year-old Zara.
9.00 **Gogglebox** Appraisals of *The Apprentice* and *Married at First Sight Australia*.
10.00 **Gogglebox** Critiques of *Married at First Sight Australia* and *One Day*.
11.05 **Open House: The Great Sex Experiment**
12.10 AM **Naked Attraction**
1.15 **First Dates**
2.20 **Gogglebox**
3.10 **The Simpsons**
3.35 **The Goldbergs**
4.00 **Don't Tell the Bride**
4.55 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hr 235/236 306 30 123 256

Tuesday primetime

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

TUESDAY Entertainment

Tuesday

Sky Witness

107 107 110 341 356

6.00 AM **UK Border Force**
7.00 **Nothing to Declare**
8.00 **Border Patrol**
9.00 **Send in the Dogs**
10.00 **Border Security: Canada's Front Line** Double bill.
11.00 **A1: Britain's Longest Road**
12.00 NOON **FBI** 17/22. (S4)
1.00 PM **The Rookie** 18/22. The team investigate a train robbery.
2.00 19/22. A student is suspected of terrorism. (S4)
3.00 **Stop, Search, Seize**
4.00 **Nothing to Declare** Six editions of the documentary.

10.00 Fire Country

Sky Atlantic

108/109 108/109 342 357

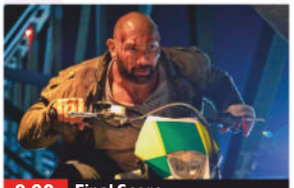
6.00 AM **Urban Secrets**
7.00 **Richard E Grant's Hotel Secrets** The actor visits Tokyo.
8.00 **Boardwalk Empire** (S2)
10.10 **The Sopranos** 10&11/13. (S2)
12.20 PM **Game of Thrones** (S3)
2.30 **The Wire** 9&10/12. (S2)
4.40 **Westworld** 2/10. Dolores remembers that she has been in the outside world. (S2)
5.45 **Deadwood** 12/12. Seth appoints himself sheriff. (S1)
6.50 **Game of Thrones** 3/10. Jon is taken to the imposing Fist of the First Men. (S3)

9.00 Succession

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S9)
8.00 **The Flash** 11/20. (S8)
9.00 **Stargate SG-1** (S6)
11.00 **SEAL Team** 10/10. (S6)
12.00 NOON **The Flash** 12/20. (S8)
1.00 PM **Hawaii Five-0** (S9)
3.00 **S.W.A.T.** 21/21. (S3)
4.00 **NCIS: Los Angeles** 9/22. (S13)
5.00 **SEAL Team** 9/10. The members of Bravo are given some devastating news. (S6)
6.00 **Stargate SG-1** 9/22. Tension mounts when an invisible assassin jeopardises refugees at the Alpha site. (S6)



9.00 Final Score

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Celebrity Dinner Date**
8.30 **Olivia Meets Her Match**
9.20 **The Only Way Is Essex**
10.20 **Real Housewives of Miami**
11.15 **Real Housewives of Beverly Hills** Reality series.
12.10 PM **Dinner Date**
2.10 **The Only Way Is Essex**
3.10 **Real Housewives of Orange County** Reality series.
4.05 **Real Housewives of Miami**
5.00 **Real Housewives of Beverly Hills** Reality series.
5.55 **Celebrity Catchphrase**

10.05 Grosse Pointe Garden...

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.35 **On the Buses**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **Inspector Morse**
11.20 **Heartbeat** Double bill.
1.25 PM **Foyle's War** *They Fought in the Fields:* Foyle and Milner investigate a group of land girls after a farmer's murder.
3.30 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Living with the Past:* Walker reopens a 15-year-old murder case.

8.00 Vera

7 PM

Sky Witness 7.00 **Police 24/7** A shoplifter is caught with several IDs and credit cards not belonging to her.

Sky Atlantic 7.55 **Game of Thrones** *And Now His Watch Is Ended:* 4/10. Arya is brought before the commander of the Brotherhood Without Banners. (S3)

Sky Max 7.00 **Stargate SG-1** *Cure:* 10/22. An alien world offers Earth a medicine that has the power to cure any illness. (S6)

ITV2 7.00 **Deal or No Deal** Stephen Mulhern hosts as another contestant takes on the Banker for the chance to win life-changing money.

ITV3 6.55 **Heartbeat** *Risky Business:* A local boy struggles to prove his innocence after being accused for a series of arson attacks.

8 PM

Sky Witness 8.00 **Law & Order: Criminal Intent** *Lonelyville:* 4/22. A writer is linked to the murder of a prostitute. (S7)

Sky Max 8.00 **Rob & Romesh vs Team GB: Winter Special** Part one of two. The comedians try their hands at winter sports.

ITV2 8.00 **The Real Housewives of Orange County** Ryan and Tamra are in the hot seat when Katie hosts a couples' dinner party.

ITV3 8.00 **Vera** *Shadows in the Sky:* When a dock worker plunges from a multi-storey car park, Vera investigates a work dispute over a young man's death and uncovers a life of secrets and lies.

9 PM

Sky Witness 9.00 **Law & Order: Special Victims Unit** *Duty to Report:* 4/13. Benson handles a delicate investigation. (S25)

Sky Atlantic 9.00 **Succession** *Celebration:* 1/10. First episode. Media magnate Logan Roy shocks his family with an announcement.

Sky Max 9.00 **FILM Final Score** Action drama starring Dave Bautista, Pierce Brosnan and Ray Stevenson. A former soldier is forced into action when armed terrorists take control of a packed football stadium. (2018, 15, 104min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

ITV2 9.00 **Love Island: All Stars** New edition Former Islanders get another shot at finding the one.

10 PM

Sky Witness 10.00 **Fire Country** *The Fresh Prince of Edgewater:* 2/22. The crew protect the town from a storm. (S1)
11.00 **The Rookie** 10/14. (S3)
12.00 M'T **FBI** 17/22. (S4)
1.00 AM **Law & Order: Criminal Intent** 1/22. (S7)
2.00 **Matlock** New episode (S2)
3.00 **Doc** New episode 9/22. (S2)
4.00 **Road Wars** Double bill.
5.00 **to 6.00** AM **Send in the Dogs**

+1 hour 207 310

Sky Atlantic 10.10 **Succession** *Sh*t Show at the F**k Factory:* 2/10. Greg is tasked to retrieve some items from the Roy apartment. (S1)
11.20 **Deadwood** As 5.45pm.
12.30 AM **The Sopranos** 11/13. Tony is advised to go straight.
1.35 12/13. Tony's mistress puts pressure on him to continue their affair. (S2)
2.45 **Game of Thrones** (S3)
5.00 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max 11.00 **Fear the Walking Dead** 12/15. Madison springs into action when one of the hotel residents gets violent. (S2)
12.00 M'T **The Force: North East** Double bill of the documentary.
2.00 AM **Road Wars**
3.00 **S.W.A.T.** 21/21. (S3)
4.00 **NCIS: Los Angeles** 9/22. (S13)
5.00 **to 6.00** AM **Highway Patrol**

ITV2 10.05 **Grosse Pointe Garden Society** New episode *Companion Planting:* 3/13. Brett navigates shared custody. (S1)
11.05 **Family Guy** 3/20. Lois's parents hire a nanny. (S16)
11.35 **Family Guy** 2/20. (S15)
12.05 AM **American Dad!** (S13)
1.05 **Bob's Burgers** 7/22. (S12)
1.35 **Olivia Attwood's Bad Boyfriends** Reality show.
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3 10.00 **Foyle's War** *A War of Nerves:* A crackdown on an organised crime racket leads Foyle and Milner to a shipyard owned by a duo with dubious links to a communist agitator. Guest stars Peter Capaldi.
11.55 **Trial & Retribution** 2/2. The tooth of the abducted woman is found in the debris from a wood chipper. (S6)
2.00 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Eat the Town** Natalie and Dazza visit the village of Sanquhar in Dumfries and Galloway.
8.00 **Island Crossings** A last-minute ferry cancellation jeopardises an order of scallops.
9.00 **The Hunt for the World's End Killers** 1/2. Documentary about the investigation into the murder of two women in Edinburgh in 1977.
10.00 2/2. By the 1980s, the only hope of catching the killers was advancements in forensic science.
11.00 **Scotcast** Topical discussion on Scotland's biggest news stories.
11.30 PM **to 12.00** M'T **David Wilson's Crime Files** Examining spree and mass killings.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S2)
9.00 **Ballers** 1&2/10. (S3)
10.20 **Sex and the City** (S6)
11.30 **Entourage** (S1)
12.30 PM **Will & Grace** (S4)
1.30 **Sex and the City** (S6)
2.40 **Ballers** 3&4/10. (S3)
3.50 **And Just Like That...**
4.45 **The Office (US)** (S9)
5.45 **Will & Grace** (S4)
6.45 **Community** (S1)
7.45 **Sex and the City** 15/20. Carrie struggles to deal with her feelings about motherhood.
8.20 16/20. Samantha tries a new hairstyle. (S6)
9.00 **FILM Don't Tell Mom the Babysitter's Dead** Teen comedy starring Christina Applegate. (1991, 15, 105min) ★★★
11.00 **And Just Like That...**
11.55 **Community** (S1)
12.55 AM **Entourage** (S1)
1.55 **Ballers** 3&4/10. (S3)
3.05 **Curb Your Enthusiasm**
3.40 **to 5.00** AM **Silicon Valley**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Notre-Dame: The Renaissance**
7.40 **The Joy of Painting**
9.10 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **The Art of the Garden**
3.00 **Skinner & Mina's Literary Road Trip**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **The World in a Painting: Caravaggio's Comb**
9.15 **Irvine Welsh: Reality Is Not Enough**
11.00 **Miyazaki: Spirit of Nature** Documentary
1.00 AM **Landscape Artist: Celebrity Special**
2.00 **Landscape Artist of the Year** New edition
3.00 **Portrait Artist of the Year: The Exhibition**
4.00 **to 6.00** AM **Highlights**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Stargate Atlantis** (S5)
5.00 **Stargate SG-1** (S2)
6.00 **Star Trek: Voyager** (S5)
7.00 **Star Trek: The Next Generation** *Birthright – Part One:* 16/26. Worf learns the truth about his father's fate. (S6)
8.00 **Star Trek: Deep Space Nine** *Chimera:* 14/26. Odo is forced to reassess his life. (S7)
9.00 **Fire Country** 3/22. (S1)
10.00 **FBI: International** (S1)
11.00 **Grimm** 17/22. (S4)
12.00 M'T **Wynonna Earp** (S2)
1.00 AM **Caught on Dashcam**
2.00 **Brit Cops: War on Crime**
3.00 **The Force: Manchester**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Quiz.
1.00 PM **Lingo** Game show.
2.00 **Tenable** Quiz show.
3.00 **In with a Shout**
4.00 **Riddiculous**
5.00 **Deal or No Deal**
6.00 **Lingo** A Liverpool couple, two brothers from Bedfordshire and Buckinghamshire and two married Londoners take part in the quiz.
7.00 Two friends from Sheffield, two mates from Birmingham, and a couple from Manchester and Liverpool compete.
8.00 Contestants from Hertfordshire, West Yorkshire and Warwick compete in the quiz.
9.00 **Alan Carr's Epic Gameshow** The comedian hosts a version of *Strike It Lucky.*
10.00 **Tipping Point** Triple bill of the game show.
12.50 AM **Tenable** Quiz show.
1.45 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Find It, Fix It, Flog It**
12.00 NOON **A Place in the Sun** Triple bill of editions.
3.00 PM **Kirstie and Phil's Love It or List It: Brilliant Builds**
3.30 **Come Dine with Me**
6.00 **Kirstie and Phil's Love It or List It**
7.00 **What Not to Eat**
8.00 **Jamie's Feasts for a Fiver** A money-saving recipe for Italian-inspired Caprese chicken burgers.
9.00 **24 Hours in A&E**
10.00 **Arctic Adventure: Ultimate Survival**
11.05 **Celebrity Gogglebox**
12.05 AM **FILM Good Boys** Comedy starring Jacob Tremblay, Brady Noon and Keith L Williams. (2019, 15, 90min) ★★★
1.55 **Celebrity SAS: Who Dares Wins** Double bill.
4.00 **to 5.00** AM **David Baddiel: Cat Man**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **World of Sport**
6.20 **The Big Match Revisited**
8.25 **Magnum, PI**
9.25 **Kojak**
10.30 **Boon**
11.40 **The Professionals**
12.40 PM **Robin of Sherwood**
1.50 **Magnum, PI**
2.55 **Kojak**
4.00 **LIVE World Series of Darts: Saudi Arabia Masters** Coverage of the second day staged at Global Theater in Riyadh, featuring the quarter-finals, semi-finals and final.

8.00 The Motorbike Show

LIVE World Series of Darts: Saudi Arabia Masters (started at 4.00pm)

8.00 The Motorbike Show Henry Cole goes to South Africa for some dual sport touring and takes a ride on an Enfield Bullet.

9.00 Ice Road Truckers Hugh Rowland struggles to negotiate the treacherous slopes of the Dalton Highway.

10.00 Wrestling: AEW Collision Hard-hitting action, featuring stars including FTR, Thunder Rosa and Jon Moxley.
12.00 M'T **Dark Side of the Ring** A look back at the 1988 death of Bruiser Brody.
1.00 AM **Auf Wiedersehen, Pet**
2.00 **The Protectors**
2.30 **Unwind with ITV**
3.30 **to 4.00** AM **Motorsport Mundial**

+1 hour 220 318 118

Sky Sci-Fi

152 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 7/26. (S5)
12.00 NOON **Star Trek: Enterprise**
1.00 PM **Star Trek: Deep Space Nine** 7/26. (S5)
2.00 **Blood & Treasure** (S1)
4.00 **Stargate SG-1** 18/22. (S1)
5.00 **Star Trek: Enterprise** 22/22. The ship heads back to Earth in the last-ever episode. (S4)
6.00 **Star Trek: The Next Generation** 7/26. Picard and Data search for Spock. (S5)

9.00 Grimm

7.00 Star Trek: Deep Space Nine *Let He Who Is Without Sin:* 7/26. Worf is brainwashed into joining a band of militants. (S5)

8.00 Stargate SG-1 *Solitudes:* 18/22. O'Neill and Carter are stranded on an unknown planet when the Stargate malfunctions. (S1)

9.00 Grimm *Breakfast in Bed:* 6/13. A hotel guest claims to be haunted by a frightening creature.

10.00 Grimm *Blind Love:* 7/13. Monroe's birthday getaway is ruined by a hotel employee with a deadly vendetta. (S6)
11.00 **Wynonna Earp** 12/13. Wynonna loses the ability to wield Wyatt's Peacemaker rifle. (S1)
12.00 M'T **Intergalactic** 4/8. After the robbery, the authorities are closing in on the gang. (S1)
1.00 AM **Blood & Treasure** (S1)
3.00 **Wynonna Earp** As 11.00pm.
4.00 **Intergalactic** As 12.00m't.
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S10)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 4/22. (S6)
11.00 **Hudson & Rex** 2/20. (S5)
12.00 NOON **Miss Fisher's Murder Mysteries** 12/13. (S1)
1.00 PM **Death in Paradise** (S2)
2.00 **Murdoch Mysteries** (S10)
4.00 **The Mentalist** 4/22. (S6)
5.00 **Hudson & Rex** 2/20. (S5)
6.00 **Father Brown** *The Forensic Nun:* The priest investigates when his old friend Sister Boniface is implicated in the murder of a renowned artist.

9.00 Dark Winds

7.00 Miss Fisher's Murder Mysteries *Murder in the Dark:* 12/13. A chambermaid is found drowned in a fountain. (S1)

8.00 Death in Paradise *A Deadly Curse:* 4/8. A treasure hunter is killed. With Michael Brandon and Kelly Adams. (S2)

9.00 Dark Winds New episode *T'aa Alts'iisigo:* 7/8. Leaphorn and Chee uncover a vital clue. (S3)
■ Entire series on Box Sets

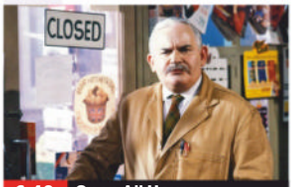
10.00 Death in Paradise *The Complex Murder:* 1/8. A millionaire environmentalist is shot dead on his boat. (S5)
11.00 **Father Brown** As 6.00pm.
12.00 M'T **So Help Me Todd** 12/21. Margaret and Todd come to the aid of the governor's wayward sister. (S1)
1.00 AM **Death in Paradise**
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.30 AM **Highlights**
9.20 **Are You Being Served?**
10.00 **Open All Hours**
10.40 **Keeping Up Appearances**
11.20 **Last of the Summer Wine**
12.40 PM **The Green Green Grass**
1.20 **Ever Decreasing Circles**
2.00 **Dad's Army: Lost Episodes**
2.40 **Are You Being Served?**
3.20 **Open All Hours**
4.00 **Ever Decreasing Circles**
4.40 **Last of the Summer Wine**
6.00 **Fawlty Towers**
6.40 **Open All Hours**



6.40 Open All Hours

7.20 Dad's Army Sgt Wilson struggles to concentrate on his Home Guard duties when he has a personal problem to contend with.

8.00 Fawlty Towers A rumour about hotel inspectors throws Basil into a panic. **8.40** Basil enhances the hotel's reputation with a night of gourmet cuisine. **9.20** A party of German guests come to stay and Basil ensures everyone is on their best behaviour.

10.00 Men Behaving Badly Tony decides to break up with his girlfriend.
10.35 Fawlty Towers As shown at 8.00pm.
11.15 **Fawlty Towers** Double bill.
12.35 AM **Men Behaving Badly**
1.10 **Fawlty Towers** Triple bill.
3.05 **Men Behaving Badly**
3.30 **to 4.00** AM **Keeping Up Appearances** Hyacinth dreads the idea of attending Onslow's birthday celebrations.

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Gordon's Great Escape**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Guy Martin: Proper Jobs**
11.00 **Rick Stein's India**
12.00 NOON **Bangers & Cash**
2.00 PM **Robson's Extreme Fishing Challenge**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** The culinary histories of some of Britain's many islands.
6.00 **Rick Stein's India** The chef goes in search of the perfect chicken korma in Lucknow.

7.00 Would I Lie to You?

7.00 Would I Lie to You? With Bruno Tonioli, Adam Buxton, Kirsty Wark and Rob Beckett.
7.40 Richard Osman's House of Games Guests include Rhys Stephenson. **8.20** Rob Deering, Katya Jones, Jayne Middlemiss and Phil Tufnell take part.

9.00 Have I Got a Bit More News for You Jack Dee hosts the current affairs quiz, with guests Phil Wang and Sayeeda Warsi.

10.00 QI XL Guests Jason Manford, Ahir Shah and Holly Walsh join regular panellist Alan Davies and host Sandi Toksvig.
11.00 **Taskmaster** In the semi-final Nish Kumar is presented with a coconut harness.
12.05 AM **Mock the Week** With Tom Allen and Ed Byrne.
12.45 **Would I Lie to You?**
2.00 **Not Going Out Live**
2.30 **to 4.00** AM **Not Going Out**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **Murder, She Wrote**
10.00 **NCIS** 4-6/23. (S1)
1.00 PM **Law & Order**
6.00 **NCIS** *Dead Man Talking:* 19/23. Gibbs and his team are called to investigate the murder of a fellow NCIS agent. **7.00** *Missing:* 20/23. The team investigate the disappearance of a US Marine, and consider the possibility of a serial killer attacking Marines. **8.00** *Split Decision:* 21/23. The remains of a US Marine are found. (S1)
9.00 **Law & Order Toronto: Criminal Intent** New episode *Boys Will Be Boys:* 8/10. A local hockey star is found dead on the ice. (S1)
10.00 **Law & Order: Special Victims Unit** (S18&17)
1.50 AM **Person of Interest**
3.35 **to 4.00** AM **Cops**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Shoplifters: Caught Red Handed**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** A 74-year-old with breathing difficulties is rushed in.
9.00 **Fare Dodgers: At War with the Law** A woman who has racked up over £3,000 in unpaid fares
10.00 **999: Critical Condition**
11.00 **Skin A&E**
12.00 M'T **999: Killer on the Line** Documentary.
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **VC Andrews' Heaven**
3.30 **to 4.00** AM **Car Pound Cops**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.05 **Winter Road Rescue**
9.40 **Police Interceptors**
11.45 **FILM The Proud Rebel** Western drama starring Alan Ladd. (1958, b/w, U, 108min) ★★★
2.00 PM **FILM The Deadly Companions** Western starring Brian Keith. (1961, PG, 90min) ★★★
4.00 **The Motorway**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** PC Ian Cosgrove heads to the scene of a hit-and-run. **9.00** PC Joe Gorman races to try to catch a reported drink driver.
10.00 **Police: Suspect No 1**
11.00 **Banged Up Abroad**
12.00 M'T **World's Deadliest Weather: Caught on Camera** A hailstorm.
1.00 AM **Ice Road Truckers**
2.05 **to 4.00** AM **Trucking Hell**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.00 **Tipping Point**
10.00 **DIY SOS: Homes for Veterans** In Manchester.
11.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: Homes for Veterans** In Manchester.
7.00 **My Kitchen Rules: South Africa**
8.00 **One Born Every Minute** A woman arrives to give birth wearing full make-up. **9.00** A woman who endured a traumatic birth returns to the ward.
10.00 **Pete Wicks: For Dogs' Sake** Documentary.
11.00 **Nurses on the Ward**
12.00 M'T **Inside the Ambulance**
12.30 AM **Louis Theroux: Under the Knife**
1.35 **to 3.00** AM **Hungry for It**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.20 AM **The Bill**
8.15 **Doctors**
9.30 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.45 PM **Classic EastEnders**
2.00 **All Creatures Great and Small**
3.00 **Howards' Way**
4.10 **Bergerac**
5.20 **One Foot in the Grave**
6.00 **To the Manor Born**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Harry Wild** New episode *Too Many Harrys Spoil the Murder:* 2/6. A chef's girlfriend is brutally murdered. (S3)
9.00 **Whitstable Pearl** *Disappearance at Oare:* 4/6. Crime drama. (S1)
10.05 **New Tricks**
11.05 **Waking the Dead**
12.20 AM **Hotel Portofino**
1.35 **One Foot in the Grave**
2.20 **to 4.00** AM **The Brokenwood Mysteries**

+1hr 243 316 60 260

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys**
8.00 **Bangers & Cash**
10.00 **Rise of the Nazis: The Manhunt**
11.00 **Secret Nazi Bases**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **Rise of the Nazis: The Manhunt**
5.00 **Secret Nazi Bases**
6.00 **Antiques Roadshow**
7.00 **Great Canal Journeys**
8.00 **Flipping Bangers**
9.00 **Bangers & Cash** Derek takes to the skies for his first-ever helicopter flight in a 1967 Bell 47. **10.00** Derek picks up a five vehicle haul from a collector who can't look after his cars anymore.
11.00 **Bangers & Cash**
1.00 AM **Abandoned Engineering**
2.00 **to 3.00** AM **Rise of the Nazis: The Manhunt**

+1 hour 255 329

TUESDAY Entertainment

Tuesday

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** In south Devon.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **The Yorkshire Auction House** Greek artefacts.
4.00 **Long Lost Family**
5.00 **A Place in the Sun**
6.00 **Salvage Hunters**
8.00 **Antiques Road Trip**
9.00 **Long Lost Family** A man who discovered his late mother had led a complicated life.
10.00 **Long Lost Family: What Happened Next** Catching up with a woman who was reunited with her birth mother in Australia.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Great! TV

157 167 170 34 32

8.00 AM **Born and Bred**
9.00 **The Waltons** (S1)
10.00 **Little House on the Prairie** Triple bill. (S5)
1.00 PM **The Waltons** (S1)
3.00 **Born and Bred** (S4)
4.10 **Down to Earth** (S5)
5.20 **Doctor Finlay** 6/6. (S2)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** 8-10/25. (S8)
9.00 **Brush Strokes** 2/7. Lionel is cross when Jacko goes out of his way to help a customer. **9.40** 3/6. Lionel blames Jacko when he and Sandra decide to call off their wedding plans. **10.20** 4/6. Jacko's love life is put on hold. (S3)
11.00 **Born and Bred** (S4)
12.00 M'T **Down to Earth**
1.10 AM **Rumpole of the Bailey** 1/6. (S2)
2.20 **Brush Strokes** 2/7. (S2)
3.00 **to 4.50** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.00 AM **Tombstone Territory**
10.00 **FILM A Farewell to Arms** Romance. (1932, b/w, PG, 78min) ★★★
12.00 NOON **The High Chaparral** 18/26. (S2)
1.00 PM **FILM Decision at Sundown** Western. (1957, PG, 77min) ★★
2.50 **Wanted: Dead or Alive**
3.30 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!** (S1)
7.00 **The Avengers** (S4)
8.00 **The New Avengers** (S1)
9.00 **FILM Acts of Violence** Crime drama with Bruce Willis and Cole Hauser. (2018, 15, 86min) ★★
11.00 **FILM First Kill** Thriller. (2017, 15, 97min) ★★
1.10 AM **The Avengers** (S4)
2.10 **The New Avengers** (S1)
3.10 **FILM Jetstream** Sci-fi disaster movie. (2012, 12, 88min) ★★
4.40 **to 5.50** AM **Cops Uncut**

+1 hour 324

Great! Mystery

321 318 425 50 48

7.00 AM **Police Ten 7**
7.25 **FILM Killer in Law** Thriller. (2019, PG) ★★
9.10 **Murder, She Wrote**
10.10 **Unforgettable** (S3)
11.10 **Castle** 19/24. (S5)
12.10 PM **FILM Riddled with Deceit** (2020, PG) ★★
2.05 **FILM An Education in Murder** (2020, PG) ★★
4.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 20/24. (S5)
8.00 **Unforgettable** (S3)
9.00 **FILM Ships in the Night** Drama with Sarah Lind. (2021, PG, 89min) ★★
10.55 **FILM All That Glitters** Mystery. (2014, PG) ★★
12.50 AM **FILM Staged Killer** Thriller. (2019, 12) ★★
2.30 **FILM Retribution** Drama. (2012, PG, 80min) ★★
3.55 **FILM Killer Cover Up** Thriller. (2021, 12) ★★
5.25 **to 6.00** AM **Police Ten 7**

+1 hour 322

Great! Romance

319 317 424 52 47

8.10 AM **FILM Love Stories in Sunflower Valley** Comedy. (2021, PG) ★★
10.20 **FILM A Country Romance** Drama. (2021, PG, 83min) ★★
12.15 PM **FILM The Wish Swap** Fantasy. (2025, PG) ★★
2.15 **FILM Love Upstream** Romantic comedy. (2021, PG, 85min) ★★
4.15 **FILM Her Pen Pal** Drama. (2021, PG) ★★
6.05 **FILM Love in the Sun** Drama. (2019, PG) ★★
8.00 **FILM A Royal Recipe for Love** Romance. (2023, PG, 89min) ★★
9.55 **FILM Summer of Dreams** Comedy. (2016, PG, 90min) ★★
11.50 **FILM Just for the Summer** Romance. (2020, PG, 90min) ★★
1.50 AM **Highway to Heaven**
2.45 **FILM Love Upstream**
4.15 **to 5.00** AM **Highway to Heaven**

+1 hour 320

Rewind TV

182 81 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **The Top Secret Life...**
10.30 **Shine on Harvey Moon**
11.30 **The Fenn Street Gang**
12.00 NOON **The Lovers** (S2)
12.30 PM **The Dustbinmen**
1.00 **Lady Killers**
2.00 **Boon** 9/13. (S2)
3.00 **Shine on Harvey Moon**
4.00 **Walking Westward**
4.30 **Old Country**
5.00 **Bubblegum & Cheese**
6.00 **The Top Secret Life of Edgar Briggs**
6.30 **The Fenn Street Gang**
7.00 **The Lovers** 6/7. (S2)
7.30 **The Dustbinmen** (S2)
8.00 **Boon** 9/13. (S2)
9.00 **Lady Killers** Dr. Crippen.
10.00 **Game On** 2/6. (S2)
10.35 **Stereo Underground**
11.35 **FILM The Unvarnished Truth** (1983, 12) ★★
1.05 AM **Stereo Underground**
2.05 **Game On** 2/6. (S2)
2.40 **Hank the Cowboy**
2.55 **to 6.00** AM **Highlights**

DMAX

158 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **The Snake Catcher**
10.00 **Deadliest Catch**
12.00 NOON **Treasure Quest: Snake Island**
1.00 PM **Expedition Unknown** Double bill.
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** The crab-fishing fleet return to the Bering Sea to battle the most brutal winter in living memory.
9.00 **Hoffman Family Gold** Three generations of the Hoffman family hope to mine $5 million in gold.
10.00 **Deadliest Catch** The crab fishing season begins with a derby-style race.
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 258 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Secret Eats with Adam Richman**
7.00 **The Hairy Bikers' Comfort Food**
8.00 **The Pioneer Woman**
9.00 **Jamie Oliver: Together**
10.00 **Barefoot Contessa: Back to Basics**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Great British Adventure**
3.00 **The Hairy Bikers' Comfort Food**
4.00 **The Pioneer Woman**
5.00 **Jamie Oliver: Together**
6.00 **Barefoot Contessa: Back to Basics**
7.00 **Great British Bake Off**
10.30 **Paul Hollywood: City Bakes** In London, Paul recreates the classic afternoon tea.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food: Best Of** Double bill.
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 14/27. (S4)
9.00 **The A-Team** 17/25. (S3)
10.00 **Charlie's Angels** (S5)
11.00 **FILM 2021: War of the Worlds** Sci-fi thriller. (2021, 12, 78min) ★★
1.00 PM **FILM Biggles: Adventure in Time** Time-travel adventure. (1986, PG, 108min) ★★
3.00 **FILM Slipstream** Thriller. (1989, PG, 101min) ★
5.00 **Star Trek** 27/30. (S1)
6.00 **Charlie's Angels** (S5)
7.00 **The A-Team** 18/25. (S3)
8.00 **Walker, Texas Ranger**
9.00 **FILM The Fighter** Boxing drama. (2010, 15, 116min) ★★★★
11.15 **FILM Unthinkable** Thriller. (2010, 18) ★★★
1.10 AM **FILM The Guest** Thriller. (2014, 15, 100min) ★★★★
3.10 **to 5.00** AM **FILM The Lawnmower Man 2: Beyond Cyberspace** Thriller. (1995, 12) ★

Legend Xtra

317 316 171 69 138 51

9.00 AM **Frank Herbert's Children of Dune**
11.00 **The Lost World** (S1)
12.00 NOON **FILM True Grit: A Further Adventure** Western drama sequel. (1978, PG, 104min) ★★
2.00 PM **Frank Herbert's Children of Dune**
4.00 **Walker, Texas Ranger**
5.00 **FILM Shark Season** Disaster thriller. (2020, PG, 87min) ★★
7.00 **The Lost World** (S1)
8.00 **The Fall Guy** 10/23. (S1)
9.00 **FILM Drop Zone** Action thriller starring Wesley Snipes, Gary Busey and Yancy Butler. (1994, 15, 102min) ★★
11.00 **FILM They Live** Sci-fi adventure with Roddy Piper and Meg Foster. (1988, 15, 95min) ★★★
1.00 AM **FILM Drop Zone**
3.00 **FILM Shark Season**
5.00 **to 6.00** AM **The Lost World**

+1 hour 318 371 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.35 **Storage Hunters**
8.30 **Storage Wars: Texas**
9.20 **Hardcore Pawn**
10.15 **Auction Hunters**
11.10 **Airport Security: USA**
12.10 PM **Seized at Sea**
1.05 **Pawn Stars**
2.05 **Storage Wars: Texas**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
5.00 **Alien Files: Unsealed**
6.00 **Pawn Stars**
7.00 **Storage Wars: Texas**
8.00 **Dickinson's Real Deal**
9.00 **Deadman's Curse**
10.00 **When Big Things Go Wrong** A plane crash.
11.00 **WWE's Greatest Moments** Double bill.
12.00 M'T **Bermuda Triangle: Into Cursed Waters**
1.00 AM **Alien Files: Unsealed**
2.00 **Ancient Aliens**
3.00 **Airport Security: USA**
3.45 **Seized at Sea**
4.35 **to 6.00** AM **Highlights**

5SELECT

153 166 138 46 133 30

9.05 AM **The Yorkshire Vet**
10.05 **Operation Pet Rescue**
11.05 **Ben Fogle: New Lives in the Wild** Sweden.
12.05 PM **The Pacific War in Colour** Documentary.
1.05 **Murder, She Wrote**
3.10 **Columbo**
5.00 **Drain the Oceans**
6.00 **Britain's Greatest Bridges** Tower Bridge.
7.00 **The Pacific War in Colour** Documentary.
8.00 **Ben Fogle: New Lives in the Wild** Bulgaria.
9.00 **The Hotel Inspector**
10.00 **Rich House, Poor House** Two West Yorkshire families swap lives.
11.00 **Rich Holiday, Poor Holiday** A property developer goes on a break on a dairy farm.
12.00 M'T **Wentworth Prison**
1.00 AM **Autopsy**
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Double bill.
11.00 **The Chase Celebrity Special** With Paul Young, Jade Jones, Arthur Smith and Aljaz Skorjanec.
12.00 NOON **The Chase**
2.00 PM **Bridge of Lies**
3.00 **Who Wants to Be a Millionaire? Celebrity Special** Quiz show.
4.00 **The Chase** Quiz show.
5.00 **The Bidding Room** Sellers try to get a deal for a painting, a rocket toy, retro furniture and a walking stick.
6.00 **Tenable** Double bill.
8.00 **The Chase** Double bill of the quiz show.
10.00 **Tenable** Five police officers take part in the quiz show hosted by Warwick Davis.
11.00 **Bullseye** Double bill.
12.00 M'T **Who Wants to Be a Millionaire?** Quiz show.
1.00 AM **The Chase**
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Mike & Molly**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Mike & Molly**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the sitcom, including at: **8.00** 16/23. Sheldon misses an opportunity to meet Stan Lee. **8.30** 17/23. The friends fight over a ring they believe was used in *The Lord of the Rings*. (S3)
9.00 **FILM Transformers: Revenge of the Fallen** Sci-fi adventure sequel inspired by the shape-changing toys, starring Shia LaBeouf, Megan Fox, Josh Duhamel and Tyrese Gibson. (2009, 12, 149min) ★★★
12.00 M'T **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
10.00 **Spin City** (S5)
11.00 **Everybody Loves Raymond** (S6)
1.00 PM **Friends** (S3)
7.00 **Friends** 13/25. Monica bumps into Richard. **7.30** 14/25. Chandler dates a woman with a prosthetic leg. **8.00** 15/25. Rachel and Ross take a break from each other. **8.30** 16/25. Rachel learns about Ross's infidelity. (S3)
9.00 **FILM Big Daddy** Comedy starring Adam Sandler, Joey Lauren Adams and Kristy Swanson. (1999, 12, 95min) ★★★
10.45 **Drunk History**
11.45 **Whose Line Is It Anyway? USA**
12.45 AM **South Park** (S5)
2.40 **Jack Whitehall Gets Around** Stand-up show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S5)
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** 2-5/25. (S6)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.30 **Takeshi's Castle**
4.00 **Most Ridiculous**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** (S5)
7.00 **Everybody Loves Raymond** (S6)
9.00 **Bradley & Barney Walsh: Breaking Dad** The duo go through Italy.
10.00 **Friends** (S2&3)
1.00 AM **The Ricky Gervais Show** Double bill.
2.00 **Teachers** 5&6/10. (S1)
3.00 **Reno 911!** (S2)
3.45 **Jimmy Carr's Am I the A**hole?**
4.30 **Spin City** (S5)
5.15 **to 6.00** AM **Guessable?**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
10.15 **Bread** 8/11. (S7)
10.50 **Steptoe and Son** (S6)
11.30 **You Rang, M'Lord?**
12.30 PM **Rising Damp** (S2)
1.00 **Man About the House**
1.30 **Goodnight Sweetheart**
2.05 **When the Boat Comes In** 12/13. (S1)
3.10 **Minder** 1/13. (S2)
4.10 **Citizen Smith** (S2)
4.45 **Man About the House**
5.15 **Some Mothers Do 'Ave 'Em** 5/6. (S2)
6.00 **That's 60s**
6.15 **Steptoe and Son** (S2)
6.50 **Rising Damp** (S2)
7.20 **Whatever Happened to the Likely Lads?** (S2)
8.00 **Minder** 10/13. (S2)
9.00 **Benidorm** 2/9. (S9)
9.55 **Shameless** 9/14. (S11)
10.55 **Just Good Friends** (S3)
11.35 **Rising Damp** (S3)
12.05 AM **Benidorm** 2/9. (S9)
1.05 **Shameless** 9/14. (S11)
2.05 **Kenny Everett Show**
2.35 **to 6.00** AM **Highlights**

MTV

126/127 137 134 351 366

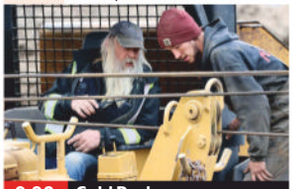
6.00 AM **Teen Cribs**
6.20 **Teen Mom 2**
8.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Triple bill.
4.00 **Dallas Cowboys Cheerleaders**
6.00 **Sweet Home Alabama**
7.00 **Teen Mom UK: Next Generation**
8.00 **Teen Mom UK**
9.00 **Just Tattoo of Us**
10.00 **Dating Naked**
11.00 **Black Ink Crew New York** New edition Ceaser meets with a potential new employee.
12.00 M'T **Geordie Shore**
2.00 AM **Teen Mom: The Next Chapter**
2.45 **Ridiculousness** New editions Rob, Steelo and Lolo experience the pain of waterparks. **3.10** Rob, Steelo and Lolo compare scars in 'taking it on the chin'.
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Junkyard Empire**
9.00 **Gold Rush** Double bill.
11.00 **Diesel Brothers**
1.00 PM **Deadliest Catch**
3.00 **How Do They Do It?** A look at how super-yachts are made. **3.30** A look at how London Underground signs are made. **4.00** Creating lederhosen. **4.30** A look at how the world's largest lobsters are caught.
5.00 **Alaska: Homestead Rescue** Marty responds to a new call for help from the Welchels.



9.00 Gold Rush

7.00 **Wheeler Dealers** Mike Brewer finds a 1992 Corrado G60 smothered in aftermarket mods.

8.00 **Wheeler Dealers** To celebrate the series' 20th anniversary, Mike and Elvis set out to restore a Ford Fiesta Mk1.

9.00 **Gold Rush** New edition Parker unleashes chaos to get four plants running for the first time, while Tony splurges on a new plant and Rick fires up in Vegas Valley.

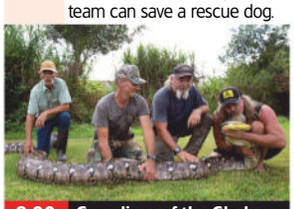
11.00 **In the Eye of the Storm** The story of Florida's deadliest hurricane in nearly 100 years.
12.00 M'T **Deadliest Catch** Bob follows a pod of porpoises to her first big solo haul.
1.00 AM **Gold Rush** As 9.00pm.
3.00 **Gold Divers** Documentary.
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Project Grizzly**
10.00 **Tanked** Documentary.
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** Jackson Galaxy helps a father and son. **4.00** Jackson helps a cat with a move to a new home.
5.00 **Lone Star Law** Warden Hensz handles a family of owls.
6.00 **Dr Jeff: Rocky Mountain Vet** Shelter volunteers hope the team can save a rescue dog.



8.00 Guardians of the Glades

7.00 **Treehouse Masters** Pete Nelson creates a bungalow with large windows to take in a stunning mountain view.

8.00 **Guardians of the Glades** The team target islands around Snake Bight Bay, hoping to prevent snakes from destroying Florida.

9.00 **Alaska: The Last Frontier** Tempers flare as Otto, Eivin and Levi move an old workshop cabin to Otto's property.

10.00 **Alaskan Bush People: Bushcraft Chronicles** The Browns speak about defending themselves in the wilderness.

11.00 **The Haunted** A man is seduced by a female demon.
12.00 M'T **Crikey! It's the Irwins** Terri finds out if a tiger's tumours have been treated.
1.00 AM **Mountain Monsters**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Phoenix**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Britain's Greatest Machines with Chris Barrie**
9.00 **Air Crash Investigation: Special Report**
10.00 **Lost Treasures of Rome**
11.00 **WW2: Hell Under the Sea**
12.00 NOON **World War II: Secrets from Above**
1.00 PM **Air Crash Investigation**
3.00 **Hitler's Last Stand: Seize and Hold** Documentary.
4.00 **Drain the Great Lakes**
5.00 **Ice Road Rescue**
6.00 **Nazi Megastructures** Hitler's island mega-fortress.

8.00 Liberation: D-Day to Berlin

7.00 **Air Crash Investigation** Dramatic reconstruction of a China Airlines flight that came close to disaster in February 1985.

8.00 **Liberation: D-Day to Berlin** Exploring the end of World War Two in Western Europe from various perspectives.

9.00 **Hitler's Last Stand** The story of American paratroopers who were dropped into France before the D-Day landings.

10.00 **Unmasking the Killers of the Third Reich** The radicalisation of a group of young men in the Nazi concentration camps.

11.00 **Air Crash Investigation**
12.00 M'T **Car S.O.S** Tim Shaw and Fuzz Townshend work on a 1972 Renault Alpine A110.
1.00 AM **To Catch a Smuggler**
2.30 **Money Meltdown**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **When Sharks Attack**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Storage Wars**
7.50 **Pawn Stars Do America**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **Mysteries from Above**
1.00 PM **Beyond the Myth: The SS Unveiled** Double bill.
3.00 **Secrets in the Ice** Triple bill of editions, including at: **5.00** Archaeologists discover a man-made rock formation in the remote Altai Mountains.
6.00 **American Pickers** Mike tries to breathe life into a bundle of ultra-rare Harleys and Indians.

8.00 WW2 Air Crash Detectives

7.00 **Forged in Fire** An error sends one smith home, and it all heats up as the remaining three forge a historic hunting weapon.

8.00 **WW2 Air Crash Detectives** Garth Barnard investigates the Baker's Creek aviation disaster in Australia in 1943.

9.00 **World War II: Witness to War** Survivors recount the horrors behind finding Germany's concentration camps.

10.00 **World War II: Witness to War** The war in the Pacific nears its violent end as a drastic tactic triggers the nuclear age.

11.00 **The Proof Is Out There: Military Mysteries** The dangerous materials held in a US Cold War military base. **12.00** M'T The sinking of an American nuclear submarine.
12.55 AM **American Pickers**
1.50 **World War II: Witness to War**
2.50 **Pawn Stars Do America**
3.40 **Pawn Stars** Documentary.
4.25 **to 6.00** AM **Secrets in the Ice**

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The 2000s**
7.00 **Discovering: Sissy Spacek**
8.00 **The Directors**
9.00 **The Movies**
10.00 **History of the Sitcom**
12.00 NOON **I Am MLK Jr** The life of Dr Martin Luther King Jr.
2.00 PM **Say Hey, Willie Mays!**
4.00 **Discovering: Sissy Spacek**
5.00 **The Directors**
6.00 **The Movies** The journey through American cinema continues into the 1980s with hits that became cult classics, from *ET* to *The Breakfast Club*.

4.00 Discovering: Sissy Spacek

7.00 **History of the Sitcom** Comedy shows that revolve around friendships, exploring TV's challenging quest for inclusivity.

8.00 **History of the Sitcom** A look at the pioneering comedy shows that tackled race and diversity.

9.00 **Mind Over Murder** The complex story of six individuals who were convicted for a 1985 murder in Nebraska.

10.00 **Mind Over Murder** Four years after Helen Wilson's murder, investigator Burt Searcey makes a breakthrough in the case.

11.05 **Mind Over Murder**
12.00 M'T **Kings of Coke**
1.45 AM **My Icon: Tanni Grey-Thompson**
2.00 NEW **Critical Incident: Death at the Border** A look into the 2010 death of Anastasio Hernández-Rojas.
3.40 **Daniel** Documentary.
5.00 **to 6.00** AM **Discovering: Sissy Spacek**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried: Classic Cars**
3.00 **Find It, Fix It, Flog It**
4.00 **The Yorkshire Auction House** Double bill.
6.00 **Antiques Road Trip**
8.00 **Guz Khan's Custom Cars** Guz sets out to modify a Honda S2000.
9.00 **James May's Shed Load of Ideas** Series finale James tackles the problem of uncollected dog poo.
10.00 **The Repair Shop**
11.00 **Australian Open Tennis**
12.00 M'T **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Shed and Buried: Classic Cars**
4.00 **to 5.00** AM **How It's Made**

+1 hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

6.00 AM **Animal Cops Phoenix** Documentary.
7.00 **Helicopter ER**
9.00 **Cops UK: Bodycam Squad** Double bill.
11.00 **The Killer in My Family**
12.00 NOON **Forbidden: Dying for Love**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** Becky Watts.
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **Judge Rinder's Crime Stories** A woman whose ex killed their sons.
8.00 **Murder on CCTV**
9.00 **Body Cam** New edition
10.00 **Scene of the Crime with Tony Harris**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Zilpha Lowery.
3.00 **to 4.00** AM **FBI Files**

+1 hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Secrets of a Murder Detective** Detectives Steve Keogh and Steve Whittaker discuss Aseel Al-Essaie's murder.
8.00 **48 Hours** New edition Officials attempt to get a killer to reveal where he left the body of Sara Anne Wood.
9.00 **Body in the Water** A murdered woman is discovered in a duffle-bag washed up off the Florida coast.
10.00 **Secrets of a Murder Detective** New edition The case of Anuj Bidve, who was shot in the head at point-blank range.
11.00 **Bloodline Detectives**
1.00 AM **48 Hours**
2.00 **Body in the Water**
3.00 **Secrets of a Murder Detective** As 10.00pm.
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives**
11.00 **48 Hours** Mengqi Ji.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Bloodline Detectives** A murder case baffles detectives. **3.00** A woman is killed and left in an old cellar.
4.00 **48 Hours** Documentary.
5.00 **Medical Detectives** Investigators piece together evidence of a woman's murder. **5.30** Arsenic was found in the blood of a dead woman who was due to testify in court. **6.00** The murder of a dry cleaning employee. **6.30** Police believe the death of a millionaire was made to look like a robbery gone wrong.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Motorway Patrol**
7.00 **The Force: Manchester**
8.00 **Stop, Search, Seize**
9.00 **Border Security USA**
10.00 **World's Most Evil Killers**
11.00 **Murdered at First Sight**
12.00 NOON **Catching the...**
1.00 PM **Killer in My Village**
2.00 **Murders That Shocked the Nation**
3.00 **How I Caught the Killer**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **Ireland's Most Evil Killers** Colin Whelan.
10.00 **Catching the Killer**
11.00 **Britain's Most Evil Killers**
12.00 M'T **Catching the Killer**
1.00 AM **World's Most Evil...**
2.00 **Murdered at First Sight**
3.00 **Love You to Death**
4.00 **Brit Cops** Documentary.
5.00 **to 6.00** AM **Stop, Search, Seize**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **The World After Stonehenge**
9.20 **WWII in Colour...**
10.35 **The Rosenbergs: Atomic Spies**
11.50 **Matter of Mind...**
1.00 PM **Grand Tours of the Scottish Islands**
1.40 **The World After Stonehenge**
2.50 **WWII in Colour...**
3.55 **The Rosenbergs: Atomic Spies**
5.10 **Matter of Mind...**
6.15 **The World After Stonehenge**
7.25 **WWII in Colour: Road to Victory** In 1939, a German U-boat fires its first torpedo.
8.35 **The Rosenbergs: Atomic Spies**
9.45 **Matter of Mind: My Alzheimer's**
10.55 **WWII in Colour...**
12.00 M'T **The Rosenbergs: Atomic Spies**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

TUESDAY

Tuesday

Sky Nature

145 113/114 189 354 369

6.00 AM **Secrets of the Enchanted Forests** Documentary.
7.00 **Monkey Life**
8.00 **Africa's Hunters**
9.00 **Hope for Wildlife**
10.00 **Animals Like Us**
11.00 **Coral City**
12.00 NOON **The Wild Wild East**
1.00 PM **Monkey Life**
2.00 **Africa's Hunters**
3.00 **Hope for Wildlife**
4.00 **Animals Like Us**
5.00 **Wild Workers**
6.00 **The Wild Wild East**
7.00 **Monkey Life**
8.00 **Becoming Elephant: The Orphans of Reteti**
9.00 **Matsalu Moose: Wild Giants of the Baltics** Documentary.
10.00 **The Wild Wild East**
11.00 **Wild Workers**
12.00 M'T **Coral City**
1.00 AM **Secrets of the Enchanted Forests** Documentary.
2.00 **Becoming Elephant: The...**
3.00 **Matsalu Moose: Wild Giants...**
4.00 **Africa's Hunters**
5.00 **to 6.00** AM **Hope for Wildlife**

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Accident, Suicide or Murder?**
12.00 NOON **Green Eyed Killers**
1.00 PM **#Textmewhenyougethome**
2.00 **Secrets of Polygamy**
3.00 **Murdertown**
4.00 **Killer Britain with Dermot Murnaghan** Ben Geen.
5.00 **Crimes That Shook Britain**
6.00 **The First 48**
7.00 **Cold Case Files**
8.00 **#Textmewhenyougethome**
9.00 **Murder on Trial** New edition A woman who disappeared from her Florida home in the middle of a renovation.
10.00 **House Party Killer**
11.00 **Homicide Squad: New Orleans**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Real Murders of Atlanta**
2.00 **NEW SERIES Killer Grannies**
3.00 **Murder on Trial**
4.00 **Murdertown**
5.00 **to 6.00** AM **Robbie Coltrane's Critical Evidence**

+1 hour 256 333

U&Eden

166 134/162 176 57 160 142

9.05 AM **Doctor Who**
1.00 PM **Doctor Who**
6.00 **Doctor Who** *Invasion of the Dinosaurs – Part One:* 5/26. The Doctor and Sarah Jane return to a deserted London. **6.35** *Invasion of the Dinosaurs – Part Two:* 6/26. The Doctor and Sarah Jane try to convince UNIT of the dinosaur threat. **7.10** *Invasion of the Dinosaurs – Part Three:* 7/26. The Time Lord uncovers clues that point to an organised and technologically advanced plot. **7.40** *Invasion of the Dinosaurs – Part Four:* 8/26. Sarah Jane is abducted and learns of a radical plan to rebuild Earth's past. **8.15** *Invasion of the Dinosaurs – Part Five:* 9/26. The Doctor closes in on the scientists generating the time distortions. **8.50** *Invasion of the Dinosaurs – Part Six:* 10/26. The Doctor tries to thwart the Operation Golden Age conspiracy. (S11)
9.25 PM **to 6.00** AM **Doctor Who**

+1 hour 266 376

Sky History 2

163/168 143 186

6.00 AM **Mystery Places**
7.00 **Secrets in the Sand**
8.00 **What on Earth?**
9.00 **How to Lose a War**
10.00 **Iconic Combat Machines**
11.00 **Ancient Aliens Special Presentation** As 11.00pm.
1.00 PM **Craig Charles: UFO Conspiracies** As 8.00pm.
2.00 **Britain's Most Historic Towns**
3.00 **Digging for Britain**
4.00 **Mystery Places**
5.00 **Secrets in the Sand**
6.00 **What on Earth?**
7.00 **Ancient Aliens**
8.00 **Craig Charles: UFO Conspiracies** Investigating UFO activity in central Scotland.
9.00 **Encounter: UFO** Double bill.
11.00 **Ancient Aliens Special Presentation** A look at whether other-worldly beings are more than mere mythology.
1.00 AM **Craig Charles: UFO Conspiracies** As 8.00pm.
2.00 **Britain's Most Historic Towns**
3.00 **Digging for Britain**
4.00 **Full Custom Garage**
5.00 **to 6.00** AM **Empire Builders**

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Europe's New Wild**
10.00 **Africa's Hunters**
11.00 **Animal Fight Club**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Strangest Nature**
3.00 **Shark Men**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo: North Carolina** Puffin parents wait for their eggs to hatch.
8.00 **The Flood: Africa's Okavango** The wildlife of the Okavango Delta, at the heart of Southern Africa's largest desert.
9.00 **Wild Coasts** A look at animals that live along coastlines.
10.00 **Life Below Zero: First Alaskans** Documentary.
11.00 **Ice Road Rescue**
12.00 M'T **Exotic Animal ER**
1.00 AM **Monster Fish**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Monster Fish**

ID

154 140 166

8.00 AM **Feuds Turned Fatal**
9.00 **Murder Comes to Town**
11.00 **Disappeared**
12.00 NOON **Murder in the Heartland** Young mother Casey Morgan is found dead.
1.00 PM **Murder Comes to Town**
3.00 **Disappeared**
4.00 **Murder in the Heartland**
5.00 **Who Killed Jane Doe?**
7.00 **Til Death Do Us Part** The case of a missing person that led to a shocking final act. **8.00** The death of police officer Robert McElrath, whose body was found near a railroad trestle in California in 2011.
9.00 **Evil Lives Here** Suspicious signs lead to shocking revelations in these stories.
10.00 **American Monster: Abuse of Power** An FBI investigation leads to a deadly conclusion.
11.00 **The Curious Case of...**
12.00 M'T **The Playboy Murders**
2.00 AM **Who Killed Jane Doe?**
4.00 **to 6.00** AM **Til Death Do Us Part**

+1 hour 254 366

Discovery Science

167 148 179

8.00 AM **How the Universe Works**
10.00 **NASA's Unexplained Files**
11.00 **Codes and Conspiracies**
1.00 PM **Blowing Up History**
3.00 **NASA's Unexplained Files**
6.00 **How Do They Do It?**
9.00 **Incredible Engineering Blunders: Fixed** Justin Cunningham goes inside an offshore wind turbine to find out how a fault that could cause the structures to fall into the North Sea is being fixed by engineers. **10.00** Justin heads to Louisiana to investigate gigantic potholes, before going to London to get a sneak preview of the vast Crossrail project.
11.00 **The Explosion Show** Tory Belleci and Streetbike Tommy check out one of the world's largest fireworks companies. **12.00** M'T Experts use explosives to turn mountains into gravel-sized pieces.
1.00 AM **NASA's Unexplained Files**
4.00 **to 6.00** AM **Blowing Up History**

+1 hr 267 379

Discovery History

174 147 181

7.00 AM **Planes That Changed the World** As shown at 8.00pm.
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** Exploring the 300 moons within the solar system.
1.00 PM **NASA's Unexplained Files**
2.00 **Hunting Atlantis**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Planes That Changed the World** A look at the SR-71 Blackbird, a plane capable of reaching an altitude of 80,000ft.
9.00 **Ancient Unexplained Files**
10.00 **How Do They Do It?**
11.00 **World's Greatest Motorcycle Rides** 2/2. A route to Land's End.
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **NASA's Unexplained Files**
4.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

Discovery Turbo

161/172 146 180

7.00 AM **Junkyard Empire**
8.00 **Motor Pickers**
9.00 **Shorty's Dream Shop**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Richard Hammond's Workshop** As 1.00am.
1.00 PM **Outback Car Hunters**
2.00 **Salvage Hunters: Classic Cars**
3.00 **Shorty's Dream Shop**
4.00 **Roadworthy Rescues**
5.00 **Motor Pickers**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Roadworthy Rescues** Derek and Sean head back to their family farm, where they dig out a 1971 Chevrolet Chevelle.
9.00 **Mud Madness**
10.00 **Shorty's Dream Shop**
11.00 **Salvage Hunters: Classic Cars**
12.00 M'T **Roadworthy Rescues**
1.00 AM **Richard Hammond's Workshop** Accountant Kamla gives Richard a reality check.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **All the Devils Are Here** Thriller. (2025, 15) ★★★★
7.35 **Friendship** (2025, 15) ★★★★
9.20 **Smurfs** (2025, PG) ★★
11.05 **A Minecraft Movie** Fantasy. (2025, PG, 101min) ★★★
12.50 PM **Smurfs** (2025, PG) ★★
2.25 **The Phoenician Scheme** Comedy. (2025, 15) ★★★
4.10 **The Ballad of Wallis Island** Comedy. (2025, 12) ★★★★
6.00 **28 Years Later** Horror thriller. (2025, 15, 115min) ★★★★

6.00 28 Years Later

8.00 Sinners Horror thriller starring Michael B Jordan. Twin brothers return to their hometown, and find a dark force waiting to welcome them back. With Miles Caton, Delroy Lindo and Hailee Steinfeld. (2025, 15, 132min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 Nuremberg Thriller starring Russell Crowe and Rami Malek. A US Army psychiatrist is sent to assess high-ranking Nazi prisoners to decide if they are fit for trial. With Michael Shannon. (2025, 15, 148min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.50 AM **Cookster: The Darkest Days** Drama starring Craige Middleburg. (2024, 15, 119min)
2.55 **Beast of War** Horror thriller. (2025, 15, 87min) ★★★★
4.30 **to 6.05** AM **Safe House** Thriller. (2025, 15, 90min)

Sky Cinema Brit Hits

303 303 403 503 517

6.00 AM **Nineteen Nineteen**
7.50 **The Day of the Jackal**
10.15 **The Wasp** As 11.35pm.
12.00 NOON **RocknRolla** Comedy thriller. (2008, 15, 110min) ★★
2.00 PM **Layer Cake** Gangster thriller starring Daniel Craig. (2004, 15, 105min) ★★★★
3.55 **The Day of the Jackal** Thriller starring Edward Fox. (1973, 15, 142min) ★★★★★
6.20 **Cleaner** Action thriller. (2025, 15, 97min) ★★★

6.20 Cleaner

8.00 Snatch Guy Ritchie's crime comedy drama starring Jason Statham, Benicio Del Toro and Brad Pitt. A group of small-time British crooks plan to steal a diamond from an American mobster. (2000, 18, 102min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 Mean Machine Sports drama starring Vinnie Jones as a professional football player who is sent to prison after being convicted of assault and ends up coaching the prisoners' football team. (2001, 15, 99min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **The Wasp** Thriller set in Bath. (2024, 15, 96min) ★★★★
1.25 AM **Nineteen Nineteen** Drama. (1984, 15, 99min) ★★★
3.20 **The Accursed** Horror thriller. (2022, 15, 90min) ★★
5.15 **to 7.20** AM **Quadrophenia** Teen drama with Phil Daniels. (1979, 15, 115min) ★★★★

Sky Cinema Drama

310 310 410 510 524

6.20 AM **Cicada** Drama with Matthew Fifer. (2020, 15, 96min) ★★★★
8.00 **The Shamrock Spitfire** (2024)
9.55 **Miranda's Victim** Legal drama. (2023, 15, 127min) ★★★
12.05 PM **Cool Hand Luke** Prison drama starring Paul Newman. (1967, 15, 126min) ★★★★★
2.15 **American Sniper** Biopic with Bradley Cooper and Sienna Miller. (2014, 15, 127min) ★★★★
4.30 **The Shamrock Spitfire** Biopic (2024, 12, 108min) ★★★
6.20 **The Boy in the Striped Pyjamas** Wartime drama. (2008, 12, 94min) ★★★★
8.00 **Darkest Hour** Period drama starring Gary Oldman, Lily James and Kristin Scott Thomas. (2017, PG, 122min) ★★★
10.15 **Quartet** Comedy drama set in a home for retired opera singers, starring Maggie Smith, Tom Courtenay and Billy Connolly. (2012, 12, 94min) ★★★★
12.05 AM **I, Tonya** Biopic with Margot Robbie. (2017, 15, 119min) ★★★★
2.15 **Do the Right Thing** Spike Lee's controversial comedy drama. (1989, 15, 120min) ★★★★★
4.25 **to 6.20** AM **Chuck Chuck Baby** Drama starring Louise Brealey. (2023, 15, 101min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.30 AM **The Chronicles of Riddick** Sci-fi adventure sequel to *Pitch Black*. (2004, 15, 119min) ★★★
8.40 **A Quiet Place** Horror thriller. (2018, 15, 90min) ★★★★
10.15 **Get Out** Psychological thriller. (2017, 15, 104min) ★★★★★
12.05 PM **Nosferatu** Horror thriller. (2024, 15, 132min) ★★★★
2.25 **Dune: Part Two** Sci-fi drama. (2024, 12, 166min) ★★★★★
5.15 **2012** Epic disaster movie. (2009, 12, 158min) ★★★
8.00 **Edge of Tomorrow** Sci-fi adventure starring Tom Cruise and Emily Blunt. A soldier fighting against an alien army is repeatedly killed and brought back to life to relive the same battle. (2014, 12, 113min) ★★★★
10.00 **Bram Stoker's Dracula** Director Francis Ford Coppola's adaptation of the classic vampire novel, starring Gary Oldman. (1992, 18, 123min) ★★★
12.10 AM **Gravity** Space thriller. (2013, 12, 91min) ★★★★★
1.45 **Battle Royale** Japanese thriller. (2000, 18, 113min) ★★★★
3.40 **Pet Sematary** Supernatural thriller. (1989, 18, 103min) ★★★
5.25 **to 7.10** AM **The Watched** Horror. (2024, 15, 102min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

7.30 AM **Jack the Giant Slayer**
9.30 **Jumanji** Fantasy adventure. (1995, PG, 104min) ★★★★
11.20 **Hook** Fantasy adventure. (1991, U, 140min) ★★★
1.45 PM **Journey to the Center of the Earth** Fantasy adventure. (2008, PG, 92min) ★★
3.25 **The Amazing Spider-Man 2** Superhero adventure sequel. (2014, 12, 142min) ★★★
6.00 **IF** Family fantasy adventure. (2024, U, 104min) ★★★

6.00 IF

7.50 **Jack the Giant Slayer** Fantasy starring Nicholas Hoult. A plucky young farmboy scales a giant beanstalk to rescue a stranded princess – and encounters a race of sky-dwelling giants. (2013, 12, 114min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **The Cat in the Hat** Comic fantasy based on the book by Dr Seuss, starring Mike Myers. When their babysitter falls asleep, two children are visited by a mischievous cat. (2003, PG, 82min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **It Takes Two** Family comedy. (1995, U, 97min) ★
1.10 AM **My Penguin Friend** Drama starring Jean Reno. (2024, PG, 98min) ★★★★
2.50 **Bookworm** Family comedy. (2024, 12, 103min) ★★★★
4.40 **to 6.25** AM **Zathura: A Space Adventure** Fantasy. (2005, PG, 113min) ★★★★

Sky Cinema Action

307 307 407 507 521

7.45 AM **Old Guy** Action comedy. (2024, 15, 94min) ★★★
9.30 **Transformers: Age of Extinction** Sci-fi adventure. (2014, 12, 166min) ★★★
12.25 PM **Mission: Impossible – The Final Reckoning** Thriller. (2024, 12, 169min) ★★★
3.25 **Batman** Fantasy adventure. (1989, 15, 121min) ★★★★
5.40 **Batman Returns** Adventure starring Michael Keaton. (1992, 12, 121min) ★★★★

3.25 Batman

8.00 **Batman & Robin** Fantasy adventure starring George Clooney, Arnold Schwarzenegger, Chris O'Donnell, Uma Thurman and Alicia Silverstone. Batman and Robin, aided by new ally Batgirl, take on fearsome villains Mr Freeze and Poison Ivy. (1997, PG, 125min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **Batman Forever** Comic-book adventure starring Val Kilmer, Tommy Lee Jones, Jim Carrey, Nicole Kidman and Chris O'Donnell. (1995, 12, 121min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **The Fall Guy** Action comedy starring Ryan Gosling. (2023, 12, 126min) ★★★★
2.50 **High Plains Drifter** Western. (1972, 18, 105min) ★★★★
4.50 **Sky Cinema Preview**
5.40 **to 7.35** AM **Long Gone Heroes** Action thriller. (2024, 15, 101min) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.45 AM **Wayne's World** Comedy. (1992, PG, 95min) ★★★★
8.20 **Wayne's World 2** Comedy sequel. (1993, PG) ★★★
10.00 **Kangaroo Jack** As 3.00pm.
11.35 **School of Rock** As 6.10pm.
1.25 PM **Napoleon Dynamite** Teen comedy. (2004, PG) ★★★★
3.00 **Kangaroo Jack** (2003, PG) ★
4.35 **The Golden Child** Fantasy. (1986, PG, 93min) ★★
6.10 **School of Rock** Comedy. (2003, PG, 109min) ★★★★

9.45 See No Evil, Hear No Evil

8.00 **Daddy's Home 2** Comedy sequel starring Will Ferrell and Mark Wahlberg. Having settled their differences, Brad and Dusty must now deal with their own fathers. (2017, 12, 100min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **See No Evil, Hear No Evil** Comedy thriller starring Gene Wilder and Richard Pryor as two men – one deaf, the other blind – arrested for a murder they didn't commit. (1989, 15, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **The Terminal** Comedy drama. (2004, 12, 129min) ★★★★
1.45 AM **Arthur** Comedy. (1981, 15, 93min) ★★★★
3.25 **Don't Tell Mom the Babysitter's Dead** Comedy remake with Simone Joy Jones. (2024, 15, 99min) ★★★
5.05 **to 7.05** AM **Alfie** Comedy drama starring Michael Caine. (1966, 15, 114min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

7.00 AM **Restless** Dark thriller. (2024, 15, 89min) ★★
8.35 **Speak No Evil** As 6.00pm.
10.30 **Three Days of the Condor** Thriller with Robert Redford. (1975, 15, 118min) ★★★★
12.30 PM **The Godfather Part II**
3.50 **Jason Bourne** Action thriller sequel starring Matt Damon. (2016, 12, 123min) ★★★
6.00 **Speak No Evil** Horror thriller starring James McAvoy. (2024, 15, 110min) ★★★★

10.15 The Godfather Part II

8.00 **The Perfect Storm** Fact-based action drama starring George Clooney and Mark Wahlberg. In October 1991, six New England fishermen get caught in a terrifying storm. With Mary Elizabeth Mastrantonio and John C Reilly. (2000, 12, 129min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **The Godfather Part II** Francis Ford Coppola's epic gangster sequel starring Al Pacino and Robert De Niro. (1974, 18, 200min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.45 AM **Psycho** Alfred Hitchcock's classic chiller starring Anthony Perkins and Janet Leigh. (1960, b/w, 15, 109min) ★★★★★
3.45 **Gloria** Thriller starring Gena Rowlands and John Adames. (1980, 15, 121min) ★★★★
5.50 **to 7.40** AM **The Thicket** Western with Peter Dinklage. (2024, 15, 108min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Siege at Red River** Western starring Van Johnson. (1954, PG, 86min) ★★★
12.45 PM **Mary, Queen of Scots** Historical drama with Vanessa Redgrave and Glenda Jackson. (1971, 12, 128min) ★★
3.20 **Robin and Marian** Drama. (1976, PG, 106min) ★★★★★
5.30 **The Enemy Below** Adventure starring Robert Mitchum. (1957, PG, 98min) ★★★★

7.30 Titanic

7.30 **Titanic** James Cameron's multi-Oscar-winning drama starring Kate Winslet and Leonardo DiCaprio. A poor young artist and the rebellious daughter of a wealthy family meet and fall in love on board the doomed ocean liner as it makes its fateful maiden voyage. With Billy Zane, Kathy Bates and Frances Fisher. (1997, 12, 195min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **The Crying Game** Director Neil Jordan's Oscar-winning thriller starring Stephen Rea, Forest Whitaker and Miranda Richardson. A fugitive IRA man befriends a British soldier's enigmatic ex-girlfriend. (1992, 18, 108min) ★★★★
1.45 **to 4.00** AM **The Principles of Lust** Dark romantic drama. (2002, 18, 108min) ★

+1 hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema Feel Good

302 302 402 502 516

7.15 AM **Sacramento** Comedy. (2024, 15, 89min) ★★★
9.00 **One of Them Days** Comedy. (2025, 15, 97min) ★★★
10.50 **In & Out** Comedy starring Kevin Kline. (1997, 12, 91min) ★★★
12.25 PM **The Accidental Husband** Comedy. (2008, 12, 86min) ★
2.10 **The 40-Year-Old Virgin** Comedy starring Steve Carell. (2005, 15, 116min) ★★★★
4.15 **Ace Ventura Pet Detective** Comedy starring Jim Carrey. (1993, 12, 86min) ★★★★
5.55 **Back to the Future** Fantasy comedy starring Michael J Fox. (1985, PG, 115min) ★★★★★
8.00 **E.T. The Extra Terrestrial** Steven Spielberg's sci-fi fantasy starring Henry Thomas. (1982, U, 114min) ★★★★★
10.00 **Men in Black** Sci-fi action comedy with Tommy Lee Jones, Will Smith and Linda Fiorentino. (1997, PG, 94min) ★★★★
11.40 **Spy Kids** Action comedy starring Antonio Banderas. (2001, U, 88min) ★★★★
1.15 AM **The Karate Kid** Martial arts adventure with Ralph Macchio. (1984, 12, 127min) ★★★★
3.25 **Ace Ventura Pet Detective**
4.55 **to 6.55** AM **Back to the Future**

Sky Cinema Greats

304 304 404 504 518

6.35 AM **Birdy** Psychological drama. (1984, 15, 120min) ★★★★
8.40 **Jerry Maguire** Comedy drama. (1996, 15, 139min) ★★★★
11.00 **Singin' in the Rain** Musical. (1952, U, 102min) ★★★★★
12.45 PM **Shirley Valentine** Comedy. (1989, 15, 108min) ★★★★
2.40 **Forces of Nature** Romantic comedy with Sandra Bullock. (1999, 12, 105min) ★★★
4.30 **The Cable Guy** Black comedy. (1996, 12, 96min) ★★★★
6.15 **Police Academy** Comedy. (1984, 15, 95min) ★★★
8.00 **Police Academy 2: Their First Assignment** Comedy sequel starring Steve Guttenberg. (1985, 12, 87min) ★★
9.30 **Police Academy 3: Back in Training** Comedy sequel with Steve Guttenberg and Bubba Smith. (1986, PG, 82min) ★
11.00 **48 Hrs** Action comedy thriller. (1982, 15, 97min) ★★★★★
12.40 AM **Sixteen Candles** Comedy. (1984, 12, 89min) ★★★
2.15 **Shirley Valentine** As 12.45pm.
4.05 **Wayne's World** Comedy. (1992, PG, 95min) ★★★★
5.40 **to 7.20** AM **Wayne's World 2** Comedy sequel starring Mike Myers. (1993, PG, 95min) ★★★

Sky Cinema Animation

305 305 412 500 514

6.20 AM **Fireheart** As 8.40pm.
7.55 **Shark Tale** As 5.25pm.
9.35 **Teen Titans Go! & DC Super Hero Girls: Mayhem in the Multiverse** Animation. (2022, PG, 79min) ★★★
11.05 **Mr Peabody & Sherman** Animated family comedy. (2014, U, 97min) ★★★★
12.45 PM **Rango** Animated Western. (2011, PG, 103min) ★★★★
2.35 **Tom and Jerry Cowboy Up!** Animated family adventure. (2021, U, 71min) ★★★
4.00 **Open Season 3** Animated comedy adventure sequel. (2010, U, 74min) ★★
5.25 **Shark Tale** Animated comedy. (2004, U, 90min) ★★★★
7.05 **Madagascar** Animated comedy. (2005, U, 86min) ★★★★
8.40 **Fireheart** Animated adventure. (2022, U, 92min) ★★★
10.20 **Pil's Adventures** Animated adventure. (2021, U, 89min) ★★
12.00 M'T **Lego DC Comics Super Heroes: The Flash** Animation. (2018, U, 78min) ★★★
1.30 AM **Open Season 3** As 4pm.
2.55 **The Emoji Movie** Animated adventure. (2017, U, 83min) ★
4.30 **to 6.10** AM **Home** Animation. (2014, U, 94min) ★★★

Movies 24

312 313 419

7.00 AM **A Bridesmaid in Love** Comedy. (2022, PG, 87min) ★★
9.00 **Love Served Here** Romantic drama. (2023, PG, 84min) ★★
11.00 **Styled with Love** Romantic comedy. (2022, PG, 89min) ★★
1.00 PM **Mystery Island: House Rules** Crime drama. (2024, PG, 84min) ★★
3.00 **Aloha Heart** Romantic drama. (2023, PG, 90min) ★★
5.00 **A Fabled Holiday** Romantic fantasy. (2022, PG, 90min) ★★
7.00 **Learning to Love** Comedy drama starring Ina Barron. (2023, PG, 89min) ★★
9.00 **A Priceless Love** Romantic drama starring Erin Agostino. A shopkeeper is approached by a broker determined to buy a valuable teapot which she plans to return to the owner. (2022, PG, 85min) ★★
11.00 **Our Take on Love** Romantic drama. (2022, PG, 87min) ★★
1.00 AM **The Attraction Test** Romantic comedy drama. (2022, PG, 85min) ★★
3.00 **to 5.00** AM **Wish Upon a Wedding** Romantic drama. (2023, PG, 85min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Look at Life**
6.10 **The Southerner** Period drama. (1945, b/w, PG, 91min) ★★★
8.00 **Lily of Killarney** Musical. (1934, b/w, U, 88min) ★★★
9.35 **The Super Secret Service**
10.00 **Black Widow** (1951, PG) ★★
11.15 **Account Rendered** Thriller. (1957, b/w, PG, 59min) ★★★
12.30 PM **The Angel Who Pawned Her Harp** (1954, U) ★★★
2.00 **How to Make a Hercules Bike**
2.15 **Assignment Paris** Thriller. (1952, U, 85min) ★★★★
4.00 **A Good Read: Sherlock Holmes**
5.00 **Doctor in Trouble** Comedy. (1970, PG, 90min) ★★
6.45 **Look at Life**
6.55 **The Man from UNCLE** (S1)
8.00 **The Doll** 1/3. Thriller. (S1)
9.05 **The Deadly Affair** Thriller. (1966, PG, 107min) ★★★
11.15 **Cellar Club with Caroline Munro**
11.25 **Hammer House of Mystery and Suspense** 4/13. (S1)
12.55 AM **Cellar Club with Caroline...**
1.00 **Harold Shipman: Doctor Death**
2.55 **Castle Sinister** Horror thriller. (1948, b/w, PG, 49min) ★★★
3.55 **Cinebox Memories**
4.00 **Target: The Corruptors**
5.00 **The David Niven Show**
5.30 **to 6.00** AM **Beverly Hillbillies**

TUESDAY Sport 20 January

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
8.30 **LIVE Big Bash League** Coverage of the qualifier play-off match, as the first- and second-placed teams face each other.
11.45 **Best of ICC WT20**
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live**
2.00 **LIVE WPL** **Delhi Capitals v Mumbai Indians.** The T20 game at Baroda Cricket Association Stadium.
5.30 **The Premier League Show**
7.00 **Gillette Labs Soccer Special**
7.30 **LIVE EFL** **Wrexham v Leicester City.** The Championship match from StoK Racecourse. Kick-off **8.00pm**.
10.30 **Back Pages Tonight**
11.00 **Sky Sports News**
12.00 M'T **LIVE TGL** **Jupiter Links v Los Angeles.** The fourth match at SoFi Center.
2.00 AM **Sky Sports News**
3.00 **LIVE NBA Basketball** **Los Angeles Lakers v Denver Nuggests.** The Western Conference match from Crypto.com Arena. Tip-off **3.00am**.
5.30 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **Transfer 360**
6.30 **Premier League Highlights**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Premier League Highlights** Action from Chelsea v Brentford.
1.30 Leeds United v Fulham.
2.00 Liverpool v Burnley.
2.30 Leeds United v Fulham.
3.00 Highlights from Manchester United v Manchester City.
3.30 Action from Wolverhampton Wanderers v Newcastle United.
4.00 Aston Villa v Everton.
4.30 **MNF Hlts** Action from Brighton & Hove Albion v Bournemouth.
5.00 **The Premier League Show**
7.00 **Gillette Labs Soccer Special**
10.15 **Match Officials Mic'd Up**
10.45 **Premier League Review** A look back at the weekend's action in the top-flight, featuring all of the goals, news and major talking points from around the top flight.
11.45 **Netbusters** Recent action.
12.15 AM **Match Officials Mic'd Up**
12.45 **Premier League One on One**
1.00 **Premier League Years**
3.00 **PL Greatest Games**
4.00 **PL Best Goals 2010/11**
5.00 **to 6.00** AM **PL Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Cup Retro**
8.00 **There's Only One Sauzee**
8.30 **Dundee United: Champions 83**
9.00 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **Best Goals: EFL Cup 2022/23**
11.30 **EFL Trophy Football**
12.00 NOON **EFL Highlights**
12.30 PM **Bundesliga Highlights Show**
1.30 **EFL League One & Two Goals**
2.30 **EFL Highlights** Championship.
4.30 **Bundesliga Highlights Show**
5.30 **EFL Highlights**
6.00 **EFL League One Goals**
6.30 **EFL League Two Goals**
7.00 **EFL Highlights** Championship.
7.30 **LIVE EFL** **Wrexham v Leicester City.** Coverage of the Championship match from StoK Racecourse. The teams shared the spoils in a 1-1 draw in September's reverse fixture. Kick-off **8.00pm**.
10.30 **Best Goals: EFL Cup 24/25**
11.00 **EFL Trophy Football**
11.30 **EFL Greatest Games**
12.00 M'T **Championship Retro**
2.00 AM **EFL Greatest Games**
4.00 **EFL Cup** The 2016 final.
5.00 **to 6.00** AM **1983: When Aberdeen Ruled Europe**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **Big Bash League**
7.00 **Best of England v South Africa**
7.15 **Best of ICC WT20**
7.30 **Big Bash League**
8.25 **LIVE Big Bash League** Coverage of the qualifier play-off match, as the first- and second-placed teams face each other for a place in the final.
11.45 **Best of ICC WT20**
12.00 NOON **Big Bash League**
12.55 PM **SA20** Paarl v Joburg.
1.50 **LIVE WPL** **Delhi Capitals v Mumbai Indians.** Coverage of the T20 match held at Baroda Cricket Association Stadium in Vadodara.
5.30 **Best of England v South Africa**
5.45 **Best of ICC WT20**
6.00 **Big Bash League**
7.00 **SA20** Tournament highlights.
8.00 **WPL** Delhi v Mumbai.
9.00 **SA20** Paarl v Joburg.
10.00 **WPL** Tournament highlights.
11.00 **Big Bash League**
2.20 AM **Best of Jimmy Anderson: 500th Wicket** From 2017.
2.30 **Best of England v South Africa**
2.45 **Best of ICC WT20**
3.00 **SA20** Tournament highlights.
5.00 **to 6.00** AM **Big Bash League**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **Nick Dougherty's Tee Time Tips** Expert golfing advice.
7.00 **Best of the Open Zone 2018**
8.00 **The Open Zone**
9.00 **DP World Tour Golf**
10.00 **PGA Tour Golf**
11.00 **Best of the Open Zone 2024**
12.00 NOON **Nick Dougherty's Winter Tee Time Tips 2022**
1.00 PM **PGA Tour Golf** Highlights.
2.00 **DP World Tour Golf**
3.00 **PGA Tour Golf** The Sony Open.
4.00 **The Improvers** Expert tips.
4.30 **You Can Play Golf**
5.00 **Chronicles of a Champion Golfer** Profiles of leading players.
6.00 **DP World Tour Golf**
7.00 **PGA Tour Golf** The Sony Open.
8.00 **Junior Golf** Highlights.
8.30 **You Can Play Golf**
9.00 **PGA Tour Champions**
10.00 **The Greatest Solheim Cup**
12.00 M'T **LIVE TGL** **Jupiter Links v Los Angeles.** The fourth match at SoFi Center.
2.00 AM **Nick Dougherty's Tee Time Tips** Expert golfing advice.
3.00 **How the Ryder Cup Was Won**
5.00 **The Golf Fitness Show**
5.30 **to 6.00** AM **Short Game School**

TNT Sports 1

410 413 521 408 430

8.15 AM **LIVE Australian Open** Coverage of day three of the opening Grand Slam event of the season held at Melbourne Park.
1.30 PM **Premier League Review**
2.30 **UEFA Europa League & Conference League Magazine**
3.00 **UEFA Champions League**
3.30 **LIVE UEFA Champions League** Kairat Almaty v Club Brugge. The league phase fixture at Astana Arena. Kick-off **3.30pm**.
5.30 **Premier League: Big Interview**
6.00 **Premier League Netbusters**
6.30 **Premier League Stories**
7.00 **LIVE UEFA Champions League** Tottenham Hotspur v Borussia Dortmund. The league phase clash at Tottenham Hotspur Stadium. Kick-off **8.00pm**.
10.30 **UEFA Champions League Goals Show Xtra**
11.00 **Premier League Reload**
11.15 **Premier League: Big Interview**
11.45 **Kenny Allstar's Number 1's**
12.00 M'T **Premier League Stories**
12.30 **to 6.00** AM **LIVE Australian Open** Coverage of day four of the opening Grand Slam event of the year, featuring second-round matches at Melbourne Park.

TNT Sports 2

411 414 522 409 431

6.00 AM **Premier League Review**
7.00 **TNT Sports Cricket Reload**
7.15 **LIVE Ski Jumping** From Japan.
8.45 **TNT Sports Cricket Reload**
9.00 **Alpine Skiing** In Tarvisio, Italy.
9.30 **LIVE Alpine Skiing** From Italy.
11.00 **UEFA Champions League**
11.30 **UEFA Europa League & Conference League Magazine**
12.00 NOON **Isuzu UTE A-League**
12.30 PM **LIVE Alpine Skiing** In Italy.
1.30 **WRC** Highlights and features.
3.00 **Serie A** Action from Italy.
5.00 **LIVE UEFA Champions League** Bodo/Glimt v Manchester City. The league phase match from Aspmyra Stadion. Kick-off **5.45pm**.
7.45 **LIVE UEFA Champions League** Real Madrid v Monaco. The league phase match staged at Bernabeu. Kick-off **8.00pm**.
10.30 **UEFA Champions League Goals Show Xtra**
11.00 **UEFA Europa League & Conference League Magazine**
11.30 **Isuzu UTE A-League Highlights**
12.00 M'T **UEFA Champions League**
4.00 AM **Ninja A-League Women**
4.30 **Ski Jumping World Cup**
5.00 **to 6.00** AM **Alpine Skiing**

Sky Sports NFL

412 410 517 507 426 446

6.00 AM **NFL Bitesize Highlights**
7.00 **NFL Highlights**
10.00 **NFL Bitesize Highlights**
11.00 **NFL Highlights**
1.00 PM **Good Morning Football**
3.00 **NFL Bitesize Highlights**
4.00 **NFL Highlights** Action from Chicago Bears v Green Bay Packers in the second Wild Card play-off match at Soldier Field.
5.00 Highlights from the fourth Divisional play-off match.
6.00 **NBC's Pro-Football Talk** Mike Florio and Chris Simms present this NFL talk show, as they discuss and debate the biggest stories from around the league.
8.00 **NFL Highlights** New England Patriots v Los Angeles Chargers in the fifth Wild Card play-off match at Gillette Stadium in Foxborough.
9.00 **NFL Highlights** Pittsburgh Steelers v Houston Texans in the sixth Wild Card play-off match.
10.00 Action from the first Divisional play-off match.
11.00 Highlights from Chicago Bears v Green Bay Packers.
12.00 M'T **The Insiders** The latest news covering all 32 NFL teams.
1.00 **to 6.00** AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **Sky Sports News**
7.15 **LIVE ICC Under-19s World Cup Cricket** **Bangladesh v New Zealand.** Coverage of the Group B match staged at Queens Sports Club in Bulawayo, Zimbabwe.
3.00 PM **Sports Desk**
4.00 **The Transfer Show**
4.30 **Sports Desk**
5.00 **The Premier League Show**
7.00 **Gillette Labs Soccer Special**
7.30 **EFL Greatest Games**
7.35 **LIVE EFL** **Coventry City v Millwall.** Coverage of the Championship match at Coventry Building Society Arena. The Sky Blues claimed a 4-0 victory in the reverse fixture at The Den last October. Kick-off **7.45pm**.
9.45 **Gillette Labs Soccer Special**
10.30 **Back Pages Tonight**
11.00 **Sky Sports News**
1.00 AM **WTA Tennis** Highlights.
3.00 **LIVE NBA Basketball** **Los Angeles Lakers v Denver Nuggests.** The Western Conference match from Crypto.com Arena. Tip-off **3.00am**.
5.30 **to 6.00** AM **Sky Sports News**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **ATP/WTA Tour Classics**
8.00 **WTA & ATP Tennis**
10.00 **Best of the US Open 2025**
12.00 NOON **Djokovic Top 10**
2.00 PM **WTA & ATP Tennis**
4.00 **Murray's Moments**
6.00 **Djokovic Top 10**
8.00 **WTA & ATP Tennis**
10.00 **ATP/WTA Tour Classics**
12.00 M'T **US Open Classic Matches**
2.00 AM **WTA & ATP Tennis**
4.00 **to 6.00** AM **Murray's Moments**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
6.15 **SA20** Paarl v Joburg.
7.15 **LIVE ICC Under-19s World Cup Cricket** **Australia v Japan.** Coverage of the Group A match at Namibia Cricket Ground in Windhoek.
3.00 PM **NFL Bitesize Highlights**
3.30 **Big Bash League**
4.30 **SA20** Paarl v Joburg.
5.30 **NFL Bitesize Highlights**
6.00 **ATP Tennis** Auckland Open final.
7.00 **WTA Tennis** Hobart Open final.
8.00 **SA20** Paarl v Joburg.
9.00 **Big Bash League**
10.00 **Women's Super League**
11.00 **ATP Tennis** Auckland Open final.
12.00 M'T **PL Greatest Games**
1.00 AM **LIVE NBA Basketball** **Houston Rockets v San Antonio Spurs.** The Western Conference Southwest Division match at Toyota Center. Tip-off **1.00am**.
3.30 **EFL Greatest Games**
4.00 **to 6.00** AM **DP World Tour Golf**

TNT Sports 3

413 415 523 410 432

6.00 AM **LIVE Australian Open** Coverage of day three of the opening Grand Slam event of the season, featuring first-round matches at Melbourne Park.
1.30 PM **Fishing: On the Bank**
2.30 **The Breakdown** Bath Rugby.
3.00 **One-Day International Cricket** Action from India v New Zealand in the third and final ODI in the series at Holkar Stadium in Indore.
4.00 **Snooker Masters** Action from the final at Alexandra Palace.
6.00 **Australian Open** Highlights from day three at Melbourne Park.
7.30 **UEFA Champions League Goals Show Xtra** A chance to see this evening's goals.
11.00 **Australian Open** Highlights from day three at Melbourne Park.
12.30 **to 6.00** AM **LIVE Australian Open** Coverage of day four of the opening Grand Slam event of the year, featuring second-round matches at Melbourne Park.

TNT Sports 4

414 416 524 411 434

6.00 AM **LIVE Australian Open** Coverage of day three of the opening Grand Slam event of the season held at Melbourne Park.
1.00 PM **PL: Big Interview**
1.30 **Ninja A-League Women**
2.00 **Adobe Women's FA Cup**
4.00 **The Breakdown**
4.30 **Isuzu UTE A-League Highlights**
5.00 **Ski Jumping World Cup**
5.30 **Alpine Skiing** In Kronplatz, Italy.
6.30 **Fishing: On the Bank**
7.30 **UEFA Champions League**
7.45 **Kenny Allstar's Number 1's**
8.00 **LIVE UEFA Champions League** Sporting Lisbon v Paris Saint-Germain. Coverage of the league phase match from Estádio José Alvalade. Kick-off **8.00pm**.
10.00 **The Monuments**
10.30 **One-Day International Cricket**
11.30 **AO Originals** Tennis insight.
12.30 **to 6.00** AM **LIVE Australian Open** Coverage of the fourth day staged at Melbourne Park.

Premier Sports 1

419 551

6.00 AM **Champions Cup**
8.00 **LaLiga** Elche v Sevilla.
10.00 **Champions Cup Highlights**
11.00 **Scottish Football Social Club**
12.00 NOON **LaLiga Match Highlights**
1.30 PM **Sporting Countdowns**
2.00 **NHL on the Fly**
3.00 **Sporting Greats**
3.30 **Champions Cup** Another chance to see Stormers v Leicester Tigers.
5.30 Another chance to see Northampton Saints v Scarlets.
7.30 **LaLiga Match Highlights**
8.00 **Eredivisie Highlights**
9.00 **Scottish Football Social Club**
10.00 **LaLiga Match Highlights**
10.30 **Champions Cup**
12.30 AM **LaLiga Match Highlights**
1.00 **NHL Ice Hockey**
3.00 **to 6.00** AM **LIVE NHL Ice Hockey** **Los Angeles Kings v New York Rangers.** Coverage of the inter-conference match from Crypto.com Arena. Face-off **3.00am**.

Premier Sports 2

420 552

6.00 AM **Challenge Cup**
8.00 **NHL Ice Hockey**
10.00 **FastZone** Motorsports highlights.
10.30 **Challenge Cup** Another chance to see Ulster v Stade Francais.
12.30 PM **Bike World** Magazine.
1.00 **LaLiga** Another chance to see Celta Vigo v Rayo Vallecano.
3.00 **Champions Cup** A chance to see Toulouse v Sale Sharks.
5.00 Gloucester v Toulon.
7.00 **Football's Greatest**
7.30 **Challenge Cup** Another chance to see Exeter Chiefs v Cardiff.
9.30 **Bike World** Magazine.
10.00 **Temples of Sport**
10.30 **NHL Ice Hockey** Toronto Maple Leafs v Minnesota Wild.
12.30 AM **LIVE NHL Ice Hockey** **Dallas Stars v Boston Bruins.** Coverage of the inter-conference match from American Airlines Centre. Face-off **12.30am**.
3.30 **Temples of Sport**
4.00 **to 6.00** AM **NHL Tonight**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **The Best of F1 2025**
7.00 **F1 Explained**
8.00 **Formula 2** Spanish Grand Prix.
9.10 **Lando Norris's Career**
9.20 **Formula 2** Action from Spain.
10.50 **Oscar Piastri's Career**
11.00 **The F1 Show** Race preview.
12.00 NOON **Formula 1**
6.45 PM **Cadillac Feature**
6.55 **Ted Lego Feature**
7.00 **Willy T. Ribbs Motorsport's Black Pioneer** A profile.
8.00 **British GT Championship**
9.00 **Formula 1** Spanish Grand Prix.
10.00 The Canadian Grand Prix.
11.00 The Austrian Grand Prix.
12.00 M'T **F1 Explained**
1.00 **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Wednesday 21 January Evening Planner

Wednesday

Football

Champions League

TNT Sports, kick-offs 8pm

Matches include Newcastle v Eindhoven, where Anthony Gordon (above) will be looking to add to his five-goal tally.

OnDemand

prime

Steal

Available today

Sophie Turner (right) stars as a office worker who gets caught up in a major heist that shakes London's financial world.

OnDemand

NETFLIX

Kidnapped: Elizabeth Smart

Available today

The case of Elizabeth Smart, who was abducted from her home at the age of 14.

OnDemand

NETFLIX

Queer Eye

Available today

The Fab Five return for a 10th and final series to transform the lives and homes of some Washington, D.C. residents.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 The Traitors		9.00 The Traitors...	9.30 Can You Keep...	10.00 News; Local News	10.40 MOTD...
	102 BBC2	7.00 Winterwatch		8.00 A House Through Time: Two Cities at...		9.00 Digging for Britain		10.00 One Foot in...	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Deal or No...	8.00 Emmerdale	8.30 Coronation...	9.00 Grantchester		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Kirstie and Phil's Love It or List It		9.00 Patience		10.00 Social Media Monsters	
	105 5	7.00 GPs: Behind Closed Doors		8.00 Casualty 24/7: Every Second Counts		9.00 Surgeons: A Matter of Life or Death			10.30 Ambulance...
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 David Attenborough's Wild City		9.00 Band of Brothers			
ENTERTAINMENT	115 BBC3	7.05 SpongeBob...	7.30 Top Gear				9.30 Film: Miami Vice		
	116 BBC4	7.00 Great British...	7.30 Wainwright...	8.00 The Bermuda Triangle: Beneath the...		9.00 Victoria: A Royal Love Story		10.00 Smiley's People	
	118 ITV2	7.00 Deal or No Deal		8.00 The Real Housewives of Orange County		9.00 Love Island: All Stars		10.05 Grosse Pointe Garden Society	
	136 MORE4	‹ 6.55 Car S.O.S.		7.55 The Dog House		9.00 George Clarke's Building Home		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 Inside the World's Most Luxurious...		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Police 24/7		8.00 Law & Order: Criminal Intent		9.00 Matlock		10.00 Doc	
	108 SKY ATLANTIC	‹ 6.50 Game of Thrones				9.00 Mare of Easttown		10.05 Heated Rivalry	
	110 U&GOLD		7.20 Dad's Army: The Lost...	8.00 Fawlty Towers			9.30 The Thin Blue Line	10.05 Men Behaving...	10.35 Fawlty...
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Grace				10.00 Foyle's War	
	120 ITV4	7.00 American Pickers		8.00 Junk & Disorderly		9.00 Film: Goldfinger			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Michael McIntyre's Big Show		10.00 8 Out of 10 Cats Uncut	
	152 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Grimm			
	113 SKY MAX		7.10 Stargate SG-1		8.15 Never Mind the Buzzcocks	9.00 Film: No Escape			
	109 U&ALIBI	7.00 Miss Fisher's Murder Mysteries		8.00 Death in Paradise					
	124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Landscape Artist of the Year		9.00 Riverdance 25th Anniversary Show			
	132 U&W	7.00 My Kitchen Rules: South Africa		8.00 NCIS: New Orleans				10.00 Elementary	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers				9.00 Mud Madness		10.00 Kindig Customs	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Preposterous Pets		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People: Bushcraft...	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Pole to Pole with Will Smith		9.00 Nazi Death Camp: The Great Escape		10.00 Lost Ships of WW2	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Britain's Most Historic Towns		9.00 The Curse of Oak Island		10.00 Forged in Fire	
	155 U&YESTERDAY	7.00 Great Canal Journeys		8.00 Abandoned Engineering		9.00 Mega Metro		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 History of the Sitcom				9.00 Critical Incident: Death at the Border			
FILMS – Sky Cinema	301 PREMIERE	‹ 6.15 A Minecraft Movie		8.00 Nuremberg					10.30 Sinners
	302 FEEL GOOD	‹ 5.45 The Karate Kid		8.00 Kung Fu Panda 4			9.40 Instant Family		
	303 BRIT HITS	‹ 6.25 Timestalker		8.00 Absolution				10.00 28 Days Later..	
	304 GREATS	‹ 6.00 Raiders of the Lost Ark		8.00 Indiana Jones and the Temple of Doom				10.05 Indiana Jones and the Last Crusade	
	305 ANIMATION	‹ 5.45 The Angry...	7.30 The Garfield Movie			9.20 Home			
	306 FAMILY	‹ 6.00 The Smurfs 2		7.55 Wicked					
	307 ACTION	‹ 5.50 Batman Forever		8.00 Kong: Skull Island				10.00 Rumble in the Bronx	
	308 COMEDY	‹ 5.55 How to Lose a Guy in 10 Days		8.00 Mean Girls			9.45 Shirley Valentine		
	309 THRILLER	‹ 6.15 Black Bag		8.00 The Accountant					10.20 Eye in the Sky
	310 DRAMA	‹ 6.10 Dear John		8.00 A Star Is Born					10.20 Fifty Shades of Grey
	311 SCI-FI	‹ 5.50 Arrival		8.00 Passengers				10.00 Battle Royale	
	313 FILM4	‹ 6.45 The Eagle				9.00 Polite Society			
SPORT	401 MAIN EVENT	7.00 Gillette Labs...	7.30 EFL – Live: Stoke City v Middlesbrough (Kick-off 8.00)						10.30 Back Pages...
	402 PREMIER LEAGUE	7.00 Gillette Labs Soccer Special						10.15 PL Stories	
	403 FOOTBALL	7.00 EFL Highlights	7.30 EFL – Live: Stoke City v Middlesbrough (Kick-off 8.00)						10.30 EFL Highlights
	405 CRICKET	7.00 Big Bash League		8.00 SA20					
	410 TNT SPORTS 1	7.00 UEFA Champions League – Live: Marseille v Liverpool (Kick-off 8.00)							10.30 UEFA Goals...
	411 TNT SPORTS 2	7.00 UEFA Champions League – Live: Newcastle United v PSV Eindhoven (Kick-off 8.00)							10.30 UEFA Goals...

‹ Denotes programmes starting before 7.00pm † Regions vary

WEDNESDAY

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Wednesday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Rip Off Britain** New edition (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Lost and Found in the Lakes** New edition A precious gift. (S)(AD)
2.30 **Animal Park** (S)(R)(AD)
3.00 **Escape to the Country** (S)(R)
3.45 **Garden Rescue** (S)(R)
4.30 **The Travelling Auctioneers** New edition A couple try to raise the funds to attend a family member's birthday in America. (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)
6.55 **Party Political Broadcast** (S)

9.30 Can You Keep a Secret?

7 PM

7.00 **The One Show** Clara Amfo and Alex Jones present the topical show. (S)
7.30 **EastEnders** Sam tries to talk Phil out of taking Nigel away, and George is disappointed when his offer on Walford East is refused. (S)(AD)

8 PM

8.00 **The Traitors** New edition 10/12. As the players enter the final quarter of the game, breakfast reveals a move no one saw coming, and the mission puts everyone's heads in a spin. (S)(AD)
■ Continues tomorrow

9 PM

9.00 **The Traitors: Uncloaked** New edition 10/12. With Kate Garraway and series three winners Leanne and Jake. (S)
9.30 **Can You Keep a Secret?** New episode 3/6. Neha wants to end the fraud. (S1) (S)(AD)
■ Entire series on BBC iPlayer

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **MOTD: UEFA Champions League** Highlights of the latest league phase matches, including Marseille v Liverpool at Orange Vélodrome and Inter Milan v Arsenal at the San Siro. Liverpool were looking to build on their 1-0 away win at Inter in their previous match. (S)
12.00 M'T **Michael McIntyre's Big Show** An evening of comedy and music from London's Theatre Royal Drury Lane, with Peter Crouch, Abbey Clancy, Melanie C, Romesh Ranganathan and Joe Marler. (S)(R)
1.00 AM **Weather for the Week Ahead** Seven-day forecast. (S)
1.05 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **The Travelling Auctioneers** (R)
7.15 **Escape to the Country** (S)(R)
8.00 **Sign Zone: Rick Stein's Australia** The NSW North Coast. (S)(R)(AD)
9.00 **BBC News** (S)
11.15 **Politics Live** (S)
1.00 PM **LIVE Bowls: World Indoor Championships** Coverage from Potters Resorts at Hopton-on-Sea, Norfolk, featuring a last-16 match in the open singles and a ladies' singles semi-final. (S)
5.15 **Flog It!** From Haddon Hall. (S)(R)
6.00 **Richard Osman's House of Games** New edition With Nadia Jae, Tamzin Outhwaite, Steen Raskopoulos and Nigel Planer. (S)
6.30 **Robson Green's Weekend Escapes** New edition Robson and fellow *Grantchester* actor Rishi Nair visit Northumberland. (S)(AD)

6.30 Weekend Escapes

7 PM

7.00 **Winterwatch** New edition 2/4. Featuring secretive badgers emerging after dusk and elusive pine martens, who have been reclaiming their place in the woodland of Northern Ireland. (S)
■ Continues tomorrow

8 PM

8.00 **A House Through Time: Two Cities at War** 3/4. A young poet takes to the skies as bombs rain down on London. In Berlin, one family attempt to flee the country as the persecution of Jewish people intensifies. (S)(R)(AD)

9 PM

9.00 **Digging for Britain** New edition 3/6. Featuring an 18th-century slipway in the New Forest where Admiral Nelson's favourite ship was built, and an Anglo-Saxon cemetery where a host of well-preserved objects have been found. (S)(AD)

10 PM

10.00 **One Foot in the Grave** 3/6. Victor clashes with a pesky plumber whose penchant for practical jokes would try the patience of a saint. (S1) (S)(R)
10.30 **Newsnight** (S)
11.00 **NEW SERIES Unspun World with John Simpson** The week's major global news stories. (S)
11.30 **FILM The Road Dance** Period drama starring Hermione Corfield. (S) (2021, 15, 115min) ★★★
1.25 AM **Sign Zone: Mystery Road: Origin** 2/6. Jay refuses to write off a suspicious death. (S2) (S)(R)(AD)
2.20 **Sign Zone: Inside the Factory** The McCain factory. (S)(R)(AD)
3.20 **Sign Zone: The Traitors** (S)(R)(AD)
4.20 **to 6.30** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.30 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** New edition David Dickinson and his team of dealers are in Burton upon Trent. (S)(AD)
3.00 **Time Is Money** New edition Quiz show hosted by Sara Davies. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as Mark takes on the infamous Banker. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.25 **Party Political Broadcast** By the Conservative Party. (S)
6.30 **ITV News** (S)

9.00 Grantchester

7 PM

7.30 **NEW SERIES Deal or No Deal: Banker's Best Battles** Stephen Mulhern looks back at some of the most fearsome battles between hopeful players and the infamous Banker. This time, he revisits Craig and Dori's games. (S)

8 PM

8.00 **Emmerdale** A compilation of scenes reflecting Marlon's journey over the past two weeks. (S)(AD)
8.30 **Coronation Street** Tyrone furiously demands the truth from Carl, while Eva and Maggie call a truce. (S)(AD)

9 PM

9.00 **Grantchester** New episode 4/8. Alphy and Geordie investigate witchcraft at a foundling home run by an old friend of Alphy's. (S10) (S)(AD)
■ Entire series on ITVX

10 PM

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Peston** Political magazine show hosted by Robert Peston, featuring interviews with MPs, topical guests and cultural figures. (S)
11.40 **Sorry, I Didn't Know** With Dinesh Nathan, Ola Labib, Stephen Bailey and Susan Wokoma. (S)(R)
12.00 M'T **Teleshopping**
3.00 AM **Killer in the House: The Murder of Nicholas Billingham** A look at the 2022 case of primary school teacher Fiona Beal, who killed her partner Nicholas Billingham. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 15-17/25. (S6) (S)(R)
7.50 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 11-14/24. (S9) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** House-hunting in Charente, France. (S)(R)
4.00 **A New Life in the Sun** New edition Sharon and Bongo's Spanish yoga platform leaves their guests hot and bothered. (S)
5.00 **Junior Bake Off** New edition Liam Charles challenges the young bakers to create the ultimate shareable party food. (S)(AD)
6.00 **A Place in the Sun** New edition Jean Johansson helps a man find a property on the Costa Blanca. (S)

8.00 Kirstie and Phil's Love It or List

7 PM

7.00 **News** (S)

8 PM

8.00 **Kirstie and Phil's Love It or List It** New edition Kirstie Allsopp and Phil Spencer head to Brampton in Cambridgeshire to help Richard and Bridget decide what to do about their dated and boxy 1990s home. (S)(AD)

9 PM

9.00 **Patience** New episode *The Runes:* 5/8. A renowned Viking expert drops dead just as he is about to deliver a speech – and Patience finds a coded message within his work. (S2) (S)(AD)
■ Continues tomorrow

10 PM

10.00 **Social Media Monsters** Series finale 10/10. The story of Ali Abulaban, aka TikTok star JinnKid, whose online fame masked an abusive relationship with his wife. She moved out for her own safety, but his jealousy proved deadly. (S)(AD)
11.00 **Gogglebox** (S)(R)(AD)
12.05 AM **Rescue: Extreme Medics** (R)
1.00 **FILM Downhill** Comedy drama with Julia Louis-Dreyfus and Will Ferrell. (S)(SL) (2020, 15, 85min) ★★★★
2.25 **Ramsay's Kitchen Nightmares USA** From New York. (S)(SL)(R)
3.15 **Great Pottery Throw Down** (S)(R)
4.20 **Food Unwrapped's Caribbean Adventure** (S)(R)(AD)
4.50 **Kirstie and Phil's Love It or List It**
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **The Madame Blanc Mysteries** 1/6. Jean investigates the suspicious death of a marine biologist. (S3) (S)(R)(AD)
4.00 **Bargain-Loving Brits in the Sun** New edition Caravan sales queen Bambi organises a beach-themed birthday bash. (S)
5.00 **News** (S)
6.00 **The Travel Show: How to Have a Great Holiday** Technology expert Georgie Barrat shows off travel gadgets, including camera-sunglasses. (S)(R)
6.55 **News** (S)

9.00 Surgeons: A Matter of Life...

7.00 GPs: Behind Closed Doors Jitka visits the surgery with excruciating back pain. Desperate for pain relief, she's taken some medication given to her by a friend. (S)(R)
7.55 **News** (S)

8.00 Casualty 24/7: Every Second Counts New edition Paramedics bring in a 53-year-old man, who has suffered multiple seizures, and a 94-year-old woman with low oxygen levels and a high heart rate. (S)

9.00 Surgeons: A Matter of Life or Death New edition 3/6. Surgeons operate on Elizabeth, whose organs have grown to the size of watermelons, and Alfie, who has a tumour growing into his nose and cheek. (S)

10.30 Ambulance: Code Red A man suffers repeated cardiac arrests as medics fight to save him, while paramedics rush to treat another man severely burned by a gas canister explosion on a bonfire. (S)(R)
11.35 **Skin A&E** A man comes to see Dr Adil Sheraz for help with his hands that are covered with infectious warts. (S)(R)(AD)
12.35 AM **Car Pound Cops** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Rich House, Poor House** (S)(R)
3.45 **Save Money on Your Supermarket Shop** (S)(R)
4.35 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S6) (S)(R)
11.00 **Coral City** (S)(R)
12.00 NOON **The Flash** (S8) (S)(R)
1.00 PM **Hawaii Five-0** (S9) (S)(R)
3.00 **S.W.A.T.** 1/18. (S4) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S13) (S)(R)
5.00 **The Simpsons** *Thirst Trap – A Corporate Love Story:* A college dropout asks Mr Burns to fund her project. (S)(R) **5.30** *Fan-Ily Feud:* Homer faces the wrath of a pop star's vengeful fans. (S)(R)
5.55 **The Office (US)** 21/25. Andy quits his job. (S)(R) **6.35** 22/25. Part one of two. Jim hatches a scheme to derail Dwight's plan. (S9) (S)(R)

8.00 Wild City

7.00 The Simpsons *Iron Marge:* Bart and Lisa delve into Marge's past to show they know her. (S)(R) **7.30** *Ae Bonny Romance:* Groundskeeper Willie gets kidnapped and the Simpsons follow him to Scotland. (S)(R)

8.00 David Attenborough's Wild City 2/5. The veteran broadcaster narrates a day in the animal life of Singapore's urban environments, following a troop of suburban macaques and a family of otters. (S)(R)

9.00 Band of Brothers *Crossroads:* 5/10. Winters is promoted to a desk job, but finds the change of pace hard to accept, while news arrives of a planned Axis raid on the Allied lines. (S)(R)

10.05 Band of Brothers *Bastogne:* 6/10. Easy Company spend a grim Christmas in the trenches as frostbite and hunger take their toll, but medic Eugene Roe soon finds his luck changing. (S1) (S)(R)
11.15 **Karl Pilkington: The Moaning of Life** 2/6. Karl explores the key factors that shape people's identities, including gender, accents, hair and clothes. (S)(R)(AD)
12.15 AM **The Force: North East** (R)
2.05 **Road Wars** (S)(R)(AD)
3.00 **S.W.A.T.** 1/18. (S4) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S13) (S)(R)
5.00 **to 6.00** AM **Stop, Search, Seize** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
2.30-3.00pm Politics Scotland (S) **12.00m't** Scotcast (S)(R) **12.30am** Michael McIntyre's Big Show (S)(R) **1.30** Weather for the Week Ahead (S) **1.35-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm Titanic Sinks Tonight New episode (S) **11.40** MOTD: UEFA Champions League (S) **1.00am** Things You Should Have Done (S)(R) **1.30-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **11.00** Dysgu Gyda Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cymry ar Gynfas **12.30** Heno **1.00** Cartrefi Cymru **1.30** Gwlad y Basg: Gwilym Bowen Rhys **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Priodas Pum Mil **4.00** Awr Fawr **5.00** Stwnsh **6.00** Cymry ar Gynfas **6.25** Darlliediad Gwleidyddol **6.30** Rownd a Rownd (AD) **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm (AD) **8.25** Y Deis New edition **8.55** Newyddion a'r Tywydd **9.00** Dal y Mellt (AD) **10.00** Llond Bol O Japan **11.00-11.35pm** Rhys Patchell: Japan a'r Gic Olaf

TV&Satellite week
More channels than any other TV magazine

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **SpongeBob SquarePants** SpongeBob and Patrick find themselves trapped in another dimension. **7.15** Bubble Bass moves out of his mother's basement.
7.30 **Top Gear** Older hot hatches are put to the test.
8.30 **Top Gear** Actor Tom Hiddleston drives the Reasonably Priced Car.
9.30 FILM **Miami Vice** Crime thriller based on the 1980s TV cop series, starring Colin Farrell, Jamie Foxx and Gong Li. A pair of undercover cops infiltrate a ruthless drug smuggling cartel in order to catch the killers of two federal agents. With Naomie Harris and Ciarán Hinds. (2006, 15, 133min) ★★★★
11.35 **Things You Should Have Done** 1-3/6. Triple bill of the sitcom with Lucia Keskin. (S2)
1.05 AM **The Beauty Queen and the Catfish** Documentary.
1.50 **Top Gear** Double bill.
3.50 **to 4.00** AM **Press X on the BBC**

MORE4

136/137 127 147 18 124 15

8.55 AM **Food Unwrapped**
9.30 **Find It, Fix It, Flog It**
10.25 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **A Place in the Sun** A retired teacher seeks a home on the Costa del Sol.
5.55 **Car S.O.S** Tim Shaw and Fuzz Townshend take on a 1992 Saab 900 Turbo.
6.55 **Car S.O.S** Tim and Fuzz get to work on a 1993 Toyota Supra Mk4 owned by a former motorcycle racer.
7.55 **The Dog House** Overexcited Yorkie Bam Bam needs to chill out if he is going to go home with Londoner Hannah.
9.00 **George Clarke's Building Home** Daniel, Laura and son Archie take on the task of transforming an old beach house on the Essex island of Mersea into their dream home.
10.00 **24 Hours in A&E** Doctors are concerned that a 95-year-old woman may have suffered life-changing injuries to her hip and internal bleeding after falling down a flight of stairs.
11.05 **24 Hours in A&E**
12.10 AM **999: On the Front Line**
1.15 **24 Hours in A&E**
2.20 **George Clarke's Building Home** As 9.00pm.
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 347 125

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Great British Railway Journeys** Michael Portillo is in Greater Manchester.
7.30 **Wainwright Walks** Julia Bradbury learns about the history of Catbells fell.
8.00 **The Bermuda Triangle: Beneath the Waves** Bruce Denardo explores the mysterious region.
9.00 **Victoria: A Royal Love Story** The monarch's love for her husband Prince Albert.
10.00 **Smiley's People** 1/6. Spy thriller sequel to *Tinker Tailor Soldier Spy*, starring Alec Guinness.
11.00 **Smiley's People** 2/6. George retraces Vladimir's last movements. (S1)
12.00 M'T **Sleuths, Spies & Sorcerers: Andrew Marr's Paperback Heroes**
1.00 AM **Great British Railway Journeys** As 7.00pm.
1.30 **Wainwright Walks**
2.00 **Wainwright: The Man Who Loved the Lakes**
3.00 **to 4.00** AM **The Bermuda Triangle: Beneath the Waves**

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Junior Bake Off**
8.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Goldbergs**
10.00 **Modern Family**
11.00 **Ramsay's Kitchen Nightmares USA**
1.00 PM **Brooklyn Nine-Nine**
2.00 **The Simpsons**
3.00 **The Goldbergs**
4.00 **Modern Family**
5.00 **Brooklyn Nine-Nine**
6.00 **The Simpsons** Double bill.
7.00 **Hollyoaks** Old friends return to lift Donny's spirits.
7.30 **The Simpsons** *Once Upon a Time in Springfield:* Romance blossoms between Krusty and his new co-star.
8.00 **Inside the World's Most Luxurious Cruises** Behind-the-scenes on board some of the world's most luxurious cruise ships.
9.00 **Gogglebox** Opinions on *Who Wants to Be a Millionaire?* and *Casualty*.
10.00 **Gogglebox** Critiques of *One Day* and *Hunted*.
11.05 **Open House: The Great Sex Experiment**
12.15 AM **Naked Attraction**
1.20 **Gogglebox**
3.10 **Inside the World's Most Luxurious Cruises**
4.05 **The Goldbergs**
4.55 **to 6.00** AM **Don't Tell the Bride**

+1 hr 235/236 306 30 123 256

WEDNESDAY Entertainment

Wednesday

Sky Witness

107 107 110 341 356

6.00 AM **UK Border Force**
7.00 **Nothing to Declare**
8.00 **Border Patrol**
9.00 **Send in the Dogs**
10.00 **Border Security: Canada's Front Line** Double bill.
11.00 **A1: Britain's Longest Road**
12.00 NOON **FBI** 18/22. (S4)
1.00 PM **The Rookie** 20/22. The team join forces with the FBI. **2.00** 21/22. Sgt Grey supports Nolan as he takes steps to become a training officer. (S4)
3.00 **Stop, Search, Seize**
4.00 **Nothing to Declare**

9.00 Matlock

7 PM
7.00 Police 24/7 A river rescue proves challenging to local police, and a motorcycle chase leads to a sad confession.

8 PM
8.00 Law & Order: Criminal Intent *Depths:* 5/22. Detectives Goren and Eames investigate the murder of a diver. (S7)

9 PM
9.00 Matlock New episode *Tomorrow Is Still Tomorrow:* 3/16. The team take on a case involving rival restaurants. (S2)

10 PM
10.00 Doc New episode *Kaddish:* 9/22. Charlie goes too far with the plan to destroy Amy. (S2)
■ Entire series on Box Sets
11.00 The Rookie 11/14. Chen is jealous of how training officer Tim treats his new rookie. (S3)
12.00 M'T **FBI** 18/22. (S4)
1.00 AM **Law & Order: Criminal Intent** 19&20/22. (S7)
3.00 **Road Wars**
5.00 **to 6.00** AM **Send in the Dogs**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
7.00 **Richard E Grant's Hotel Secrets** Hotels in Venice.
8.00 **Boardwalk Empire** (S3)
10.10 **The Sopranos** 12&13/13. (S2)
12.20 PM **Game of Thrones** (S3)
2.30 **The Wire** 11/12. Sobotka is arrested by the FBI. **3.35** 12/12. Omar decides to take revenge on Stringer. (S2)
4.40 **Westworld** 3/10. (S2)
5.45 **Deadwood** 1/12. Seth Bullock takes his place as sheriff. (S2)
6.50 **Game of Thrones** 5/10. Robb is betrayed. (S3)

9.00 Mare of Easttown

7.55 Game of Thrones *The Climb:* 6/10. Lord Tywin plans strategic unions for the Lannisters, while Jon, Ygritte and the wildlings face a daunting climb. (S3)

9.00 Mare of Easttown *Miss Lady Hawk Herself:* 1/7. First episode of the crime drama starring Kate Winslet. (S1)

10.05 Heated Rivalry *Hunter:* 3/6. The captain of the Admirals has a life-changing experience that challenges his image. (S1)
11.05 Heated Rivalry 4/6. Ilya lets his guard down, sending Shane into a panic. (S1)
12.05 AM **Deadwood** As 5.45pm.
1.10 **The Sopranos** 13/13. (S2)
2.20 **Game of Thrones** (S3)
4.30 **In Treatment**
5.00 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S9)
8.00 **The Flash** 12/20. (S8)
9.00 **Stargate SG-1** (S6)
11.00 **SEAL Team** 1/10. (S7)
12.00 NOON **The Flash** 13/20. (S8)
1.00 PM **Hawaii Five-0** (S9)
3.00 **S.W.A.T.** 1/18. (S4)
4.00 **NCIS: Los Angeles** (S13)
5.00 **SEAL Team** 10/10. The team members must fight their way out of hostile territory. (S6)
6.05 **Stargate SG-1** 11/22. Part one of two. A reporter threatens to expose a secret military project. With John de Lancie. (S6)

9.00 No Escape

7.10 Stargate SG-1 *Unnatural Selection:* 12/22. Part two of two. Thor asks for help when an Asgard planet is overrun by replicators. (S6)

8.15 Never Mind the Buzzcocks Guests James Acaster, Kerry Godliman, Loyle Carner and Martin Kemp join the regulars.

9.00 FILM No Escape Action thriller starring Owen Wilson, Pierce Brosnan and Lake Bell. An American family relocate to an Asian nation, but face a battle for survival when a revolution takes the country by storm. (2014, 15, 101 min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.00 Fear the Walking Dead 13/15. Refugees flood into the hotel, including an unexpected member of the group. (S2)
12.00 M'T **The Force: North East** Double bill of the documentary.
2.00 AM **Road Wars**
3.00 **S.W.A.T.** 1/18. (S4)
4.00 **NCIS: Los Angeles** (S13)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Celebrity Dinner Date**
8.30 **Olivia Meets Her Match**
9.25 **The Only Way Is Essex**
10.25 **Real Housewives of Miami**
11.20 **Real Housewives of Beverly Hills** Reality series.
12.15 PM **Dinner Date** Double bill.
2.15 **The Only Way Is Essex**
3.15 **Real Housewives of Orange County** Reality series.
4.05 **Real Housewives of Miami**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**

7.00 Deal or No Deal

7.00 Deal or No Deal Stephen Mulhern hosts as Maz takes on the Banker for the chance to win a life-changing cash prize.

8.00 The Real Housewives of Orange County Shannon hosts a tea party to reveal that she's taking almost everyone on a trip.

9.00 Love Island: All Stars New edition Former Islanders get another shot at finding the one.

10.05 Grosse Pointe Garden Society New episode *Force of Nature:* 4/13. Catherine's affair exposes cracks in her facade. (S1)
11.05 Family Guy 5/20. Peter gets fired from the brewery. (S16)
11.35 **Family Guy** 12/20. (S15)
12.05 AM **American Dad!** (S13)
1.05 **Bob's Burgers** 8/22. (S12)
1.35 **Olivia Attwood's Bad Boyfriends**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.35 **On the Buses**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **Inspector Morse**
11.20 **Heartbeat** Double bill.
1.25 PM **Foyle's War** *A War of Nerves:* An organised crime racket is investigated.
3.30 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Hostage to Fortune:* A runaway heiress and her crooked boyfriend run into trouble during an armed raid.

8.00 Grace

6.55 Heartbeat *Judgement Day:* A judge is the target of a series of attacks, but investigations prove to be complicated.

8.00 Grace *Not Dead Enough:* Branson and Grace investigate the murder of socialite and patron of local charities Katya Bishop, whose entrepreneur husband Kit is the main suspect.

10.00 Foyle's War *Invasion:* American GIs arrive in Hastings, and a barmaid's involvement with a visiting soldier leads to murder.
11.55 Trial & Retribution 1/2. The discovery of a woman's severed hand pits DCI Roisin Connor against rival officer Chief Superintendent Mike Walker in the hunt for a psychotic killer. (S7)
1.55 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Scotland's Home of the Year** Featuring properties in the east.
8.00 **Grand Tours of Scotland's Rivers** Following the eastward course of the South Esk.
9.00 **Janey** Documentary following comedian Janey Godley on her *Not Dead Yet* tour.
10.00 NEW SERIES **The Chief** 1/4. Return of the crime comedy starring Jack Docherty, with guest star Dougray Scott. **10.30** New episode 2/4. Miekelson discovers that his daughter Ellen is dating an undercover police officer. (S2)
11.00 **Scotcast** Topical debate.
11.30 PM **to 12.00** M'T **David Wilson's Crime Files** Examining cases of men who kill their families.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S2)
9.00 **Ballers** 3&4/10. (S3)
10.15 **Sex and the City** (S6)
11.25 **Entourage** (S1)
12.30 PM **Will & Grace** (S4)
1.30 **Sex and the City** (S6)
2.40 **Ballers** 5&6/10. (S3)
3.50 **And Just Like That...**
4.45 **The Office (US)** (S9&1)
5.45 **Will & Grace** (S4)
6.45 **Community** (S1&4)
7.45 **Sex and the City** 17/20. Carrie and Aleksandr bed down for a cold snap. **8.20** 18/20. Miranda is left reeling by a shock announcement. (S6)
9.00 **Alex Edelman: Just For Us** Stand-up comedy.
10.35 **And Just Like That...** *Chapter Three:* 3/11. Carrie tries to get out of an audiobook taping. (S2)
11.30 **Community** (S1&4)
12.30 AM **Entourage** (S1)
1.40 **Ballers** 5&6/10. (S3)
3.00 **Curb Your Enthusiasm**
4.20 **to 5.00** AM **Silicon Valley**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Classic FM Live: Anniversary Concert**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **The Art of the Garden**
3.00 **Skinner & Mina's Literary Road Trip: Pope & Swift**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Landscape Artist of the Year** New edition
9.00 **Riverdance 25th Anniversary Show**
11.00 **Blue Road: The Edna O'Brien Story**
1.00 AM **Wuthering Heights: Love, Hate and Vengeance**
2.15 **A Sudden Glimpse to Deeper Things**
4.00 **to 6.00** AM **Highlights**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Nothing to Declare**
8.30 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Stargate Atlantis** (S5)
5.00 **Stargate SG-1** (S2)
6.00 **Star Trek: Voyager** (S5)
7.00 **Star Trek: The Next Generation** 17/26. (S6)
8.00 **Landscape Artist of the Year** The contest begins at Derwentwater in the Lake District.
9.00 **The Rookie** (S1)
11.00 **Grimm** 18/22. (S4)
12.00 M'T **Wynonna Earp** (S3)
1.00 AM **Caught on Dashcam**
2.00 **Brit Cops: Frontline Crime UK** Documentary.
3.00 **The Force: Manchester**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Game show.
3.00 **In with a Shout**
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as a contestant takes on the Banker for the chance to win cash.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Alan Carr's Epic Gameshow** The comedian hosts an updated version of *Child's Play*, with four contestants trying to decipher what words are being described by a cast of children.
10.00 **Tipping Point** Triple bill of the arcade-themed game show hosted by Ben Shephard.
12.50 AM **Tenable**
1.45 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Find It, Fix It, Flog It**
12.00 NOON **A Place in the Sun** Triple bill.
3.00 PM **Kirstie and Phil's Love It or List It: Brilliant Builds**
3.30 **Come Dine with Me**
6.00 **Kirstie and Phil's Love It or List It**
7.00 **Inside the World's Most Luxurious Escapes**
8.00 **What Not to Eat** The chemicals that can be found in diet drinks.
9.00 **24 Hours in Police Custody Investigates: Zombie Knives** An investigation into the epidemic of knife crime.
10.00 **Four Kings** Double bill.
12.00 M'T **Arctic Adventure: Ultimate Survival**
1.00 AM **Taskmasterclass**
2.00 **Lorraine Kelly's Norwegian Odyssey**
3.00 **Gogglebox**
4.00 **to 5.00** AM **Celebrity Gogglebox**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Big Match Revisited**
8.05 **Magnum, PI**
9.05 **Kojak**
10.10 **Boon**
11.20 **The Professionals**
12.20 PM **Robin of Sherwood**
1.35 **Magnum, PI**
2.35 **Kojak**
3.45 **Boon**
4.50 **The Sweeney** *Ringer:* Regan stakes out a dodgy garage.
5.55 **Minder** *You Gotta Have Friends:* Arthur is suspected of involvement in the theft of a gangster's bearer bonds.

9.00 Goldfinger

7.00 American Pickers Mike and Frank visit rural Minnesota, where they examine vintage peep show machines.

8.00 Junk & Disorderly Henry Cole visits automobilia heaven, and the three Junketeers go to Stratford in a bid to sell their items.

9.00 FILM Goldfinger James Bond adventure starring Sean Connery. British secret service agent 007 tries to prevent master criminal Auric Goldfinger from knocking off Fort Knox. (1964, PG, 111 min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 English Football League Highlights Action from the midweek matches, featuring Coventry City v Millwall.
12.20 AM **Wrestling: AEW Collision**
2.10 **The Protectors**
2.40 **Unwind with ITV**
3.30 **to 4.00** AM **Auto Mundial**

+1 hour 220 318 118

Sky Sci-Fi

152 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 8/26. (S5)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 9/26. (S5)
2.00 **Blood & Treasure** (S1&2)
4.00 **Stargate SG-1** 19/22. (S1)
5.00 **Star Trek: Voyager** 1/16. Part one of two. First episode. (S1)
6.00 **Star Trek: The Next Generation** 8/26. Part two of two. Picard and Spock clash over a mission. (S5)

8.00 Stargate SG-1

7.00 Star Trek: Deep Space Nine *The Ascent:* 9/26. Old adversaries Odo and Quark become stranded on a desolate planet. (S5)

8.00 Stargate SG-1 *Tin Man:* 19/22. An ancient android implants the minds of the team members into robotic bodies. (S1)

9.00 Grimm *The Son Also Rises:* 8/13. A team of scientists come under deadly attack, prompting Nick, Hank and Wu to intervene.

10.00 Grimm *Tree People:* 9/13. Nick, Hank and Wu investigate claims that a man was consumed by a tree-like Wesen. (S6)
11.00 **Wynonna Earp** 13/13. Wynonna faces off with Willa, and Dolls is in a bad way. (S1)
12.00 M'T **Intergalactic** 5/8. The *Hemlock* makes a stop on Candy's home planet. (S1)
1.00 AM **Blood & Treasure** (S1&2)
3.00 **Wynonna Earp** As 11.00pm.
4.00 **Intergalactic** As 12.00m't.
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S10)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 5/22. (S6)
11.00 **Hudson & Rex** 3/20. (S5)
12.00 NOON **Miss Fisher's Murder Mysteries** 13/13. (S1)
1.00 PM **Death in Paradise** (S2)
2.00 **Murdoch Mysteries** (S10)
4.00 **The Mentalist** 5/22. (S6)
5.00 **Hudson & Rex** 3/20. (S5)
6.00 **Father Brown** *The Hermit of Hazelnut Cottage:* Brenda becomes embroiled in a local dispute that ends in murder. Guest stars Sylvester McCoy.

7.00 Miss Fisher's Murder...

7.00 Miss Fisher's Murder Mysteries *King Memses' Curse:* 13/13. Phryne investigates the murder of an antiques dealer. (S1)

8.00 Death in Paradise *Murder Onboard:* 5/8. Camille's best friend collapses during a night on a party boat. (S2)

9.00 Death in Paradise *The Complex Murder:* 1/8. A millionaire environmentalist is shot dead on his boat.

10.00 Death in Paradise *One for the Road:* 2/8. The Saint Marie governor is poisoned at her leaving party. (S5)
11.00 **Father Brown** As 6.00pm.
12.00 M'T **So Help Me Todd** 13/21. Todd agrees to help Susan's fiancé locate a missing employee. (S1)
1.00 AM **Death in Paradise**
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.35 AM **Highlights**
9.30 **Are You Being Served?**
10.05 **Open All Hours**
10.45 **Keeping Up Appearances**
11.25 **Last of the Summer Wine**
12.45 PM **The Green Green Grass**
1.25 **Ever Decreasing Circles**
2.00 **Dad's Army**
2.40 **Are You Being Served?**
3.20 **Open All Hours**
4.00 **Ever Decreasing Circles**
4.40 **Last of the Summer Wine**
6.00 **Fawlty Towers**
6.40 **Open All Hours**

7.20 Dad's Army: The Lost...

7.20 Dad's Army: The Lost Episodes The platoon suspect that someone has been signalling to enemy aircraft.

8.00 Fawlty Towers An abrasive woman comes to stay at the hotel.
8.45 Basil tries to prove a guest has smuggled a woman into his room.

9.30 The Thin Blue Line College students cause chaos during their rag-week fundraiser.

10.05 Men Behaving Badly Gary lands himself in trouble when he sells one of Dorothy's records.
10.35 Fawlty Towers As shown at 8.00pm.
11.20 **Fawlty Towers**
12.10 AM **The Thin Blue Line**
12.50 **Men Behaving Badly**
1.20 **Fawlty Towers** Double bill.
2.40 **The Thin Blue Line**
3.25 **to 4.00** AM **Men Behaving Badly**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Gordon's Great Escape**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Guy Martin: Proper Jobs**
11.00 **Rick Stein's India**
12.00 NOON **Bangers & Cash**
2.00 PM **Robson's Extreme Fishing Challenge**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** Si King and Dave Myers celebrate British markets.
6.00 **Rick Stein's India** Rick has an audience with the Dalai Lama in Himachal Pradesh.

11.00 Taskmaster

7.00 Would I Lie to You? Guests Mel Giedroyc, Bob Mortimer, Adil Ray and Kian Egan take part.
7.40 Richard Osman's House of Games Guests include Neil Morrissey.
8.20 Rob Deering, Katya Jones, Jayne Middlemiss and Phil Tufnell take part.

9.00 QI XL Host Sandi Toksvig is in search of victory with panellists Rob Beckett, Daliso Chaponda, Lara Ricote and Alan Davies.

10.00 Have I Got a Bit More News for You Clive Myrie hosts the satirical quiz, with guest panellists Miles Jupp and Camilla Long.
11.00 **Taskmaster** In the final, Bob Mortimer educates his rivals on Dumfries and Galloway.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You? at Christmas** With Alex Brooker.
1.20 **Would I Lie to You?**
2.00 **to 4.00** AM **Not Going Out**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 7-9/23. (S1)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *A Weak Link:* 22/23. A Navy SEAL dies during a training exercise.
7.00 *Reveille:* 23/23. A terrorist plots to kill the US president.
8.00 *See No Evil:* 1/23. A US Navy captain is held hostage. (S2)
9.00 **Criminal Minds** *Truth or Dare:* 15/15. The agents travel to LA to investigate a series of fatal shootings. (S14)
10.00 **Law & Order: Special Victims Unit** *Chasing Theo:* 8/21. A six-year-old boy goes missing during a party. (S18)
11.00 **Law & Order: Special Victims Unit** (S18&17)
1.50 AM **NCIS** (S22)
2.45 **Law & Order Toronto: Criminal Intent** (S1)
3.35 **to 4.00** AM **Cops**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Shoplifters: Caught Red Handed**
11.00 **Traffic Cops**
12.00 NOON **Traffic Cops: Under Attack**
1.00 PM **Traffic Cops**
2.00 **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **Fare Dodgers: At War with the Law**
8.00 **Call the Bailiffs: Time to Pay Up**
9.00 **FILM The Dark Tower** Fantasy adventure. (2017, 12, 95min) ★★
10.55 **Adults Only: Escort Next Door**
12.00 M'T **Adults Only: Meet the Sex Slaves**
1.00 AM **Police Interceptors**
2.00 **VC Andrews' Heaven**
3.30 **Car Pound Cops**
3.55 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.10 **Winter Road Rescue**
9.40 **Police Interceptors**
11.45 **FILM A Man Alone** Western adventure. (1955, U, 96min) ★★★
1.45 PM **FILM Beyond the Law** Spaghetti Western. (1968, 12, 90min) ★★★
4.00 **The Motorway**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** PC Amy Hollis is called to the scene of a collision.
9.00 **Traffic Cops** Officers go on the lookout for a suspected stolen van.
10.00 **Police: Night Shift 999** Police race to catch a violent suspect.
11.00 **Banged Up Abroad**
12.00 M'T **World's Deadliest Weather: Caught on Camera** A volcano.
1.00 AM **Ice Road Truckers**
2.00 **to 4.00** AM **Trucking Hell**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
7.00 **My Kitchen Rules: South Africa**
8.00 **NCIS: New Orleans** *Baitfish:* 11/23. Pride is the target of a bomb.
9.00 *The Abyss:* 12/23. The team work with the Coast Guard Investigative Service on a case. (S1)
10.00 **Elementary** *The Leviathan:* 10/24. A supposedly impenetrable bank vault is broken into. (S1)
11.00 **Nurses on the Ward**
12.00 M'T **Inside the Ambulance**
12.30 AM **Louis Theroux's LA Stories** Documentary.
1.40 **to 3.00** AM **Hungry for It**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.10 AM **One Foot in the Grave** Victor goes fishing.
7.50 **Doctors**
9.00 **Classic Holby City**
10.00 **Classic Casualty**
11.15 **The Bill**
12.55 PM **Classic EastEnders**
2.05 **All Creatures Great and Small**
3.05 **Howards' Way**
4.15 **Bergerac**
5.20 **One Foot in the Grave**
6.00 **To the Manor Born**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Darby and Joan** 4/8. After a scuba dive goes horribly wrong, Joan's first Australian Christmas is put on hold. (S1)
9.00 **Sister Boniface Mysteries** 6/10. (S1)
10.00 **New Tricks**
11.15 **Waking the Dead**
12.30 AM **Hotel Portofino**
1.40 **One Foot in the Grave**
2.20 **to 4.00** AM **The Brokenwood Mysteries**

+1hr 243 316 60 260

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys**
8.00 **Bangers & Cash**
10.00 **Rise of the Nazis: The Manhunt**
11.00 **Secret Nazi Bases**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **Rise of the Nazis: The Manhunt**
5.00 **Secret Nazi Bases**
6.00 **Antiques Roadshow**
7.00 **Great Canal Journeys**
8.00 **Abandoned Engineering** New edition Locations tied to notorious wartime spy Eddie Chapman, aka Agent Zigzag.
9.00 **Mega Metro** New edition At Central Station, the underground pedestrian subway comes to life.
10.00 **Bangers & Cash**
1.00 AM **Abandoned Engineering**
2.00 **to 3.00** AM **Rise of the Nazis: The Manhunt**

+1 hour 255 329

WEDNESDAY Entertainment

Wednesday

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** In Snowdonia.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **The Yorkshire Auction House** From Manchester.
4.00 **Long Lost Family**
5.00 **A Place in the Sun**
6.00 **Salvage Hunters**
8.00 **Antiques Road Trip** From East Yorkshire.
9.00 **Fixer to Fabulous** New edition Dave and Jenny deliver a stunning renovation to a cabin.
10.00 **NEW SERIES Home Town** Ben and Erin Napier help people moving to their small town of Laurel.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Great! TV

157 167 170 34 32

8.00 AM **Born and Bred** (S4)
9.10 **Highway to Heaven**
10.10 **Little House on the Prairie** 14&17/26. (S5)
1.00 PM **The Waltons** (S2)
3.00 **Born and Bred** (S4)
4.10 **Down to Earth** (S5)
5.20 **Doctor Finlay** 1/7. (S3)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** 11–13/25. (S8)
9.00 **Whatever Happened to the Likely Lads?** 9/13. Terry helps Bob move into a new house. **9.40** 10/13. Bob and Terry chat up some girls. **10.20** 11/13. Mrs Chambers plans her daughter's wedding. (S1)
11.00 **Born and Bred** (S4)
12.00 M'T **Down to Earth** (S5)
1.10 AM **Rumpole of the Bailey** 2/6. (S2)
2.20 **Whatever Happened to the Likely Lads?** (S1)
3.00 **to 4.50** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.00 AM **Tombstone Territory**
10.00 **FILM Coroner Creek** Western adventure. (1948, PG, 89min) ★★
12.00 NOON **The High Chaparral** 21/26. (S2)
1.00 PM **FILM The Texican** B-Western adventure. (1966, PG, 91min) ★★
2.50 **Wanted: Dead or Alive**
3.30 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!** (S1)
7.00 **The Avengers** (S4)
8.00 **The New Avengers**
9.00 **FILM Maximum Conviction** Thriller starring Steven Seagal. (2012, 15, 93min) ★★
11.10 **FILM The Trust** Thriller. (2016, 15, 90min) ★★★
1.10 AM **The Avengers** (S4)
2.10 **The New Avengers**
3.10 **FILM Collision Earth** Drama with Eric Roberts. (2020, 12, 90min) ★
4.40 **to 5.50** AM **Cops Uncut**

+1 hour 324

Great! Mystery

321 318 425 50 48

7.00 AM **Police Ten 7**
7.25 **FILM Secrets in the Snow** (2020, PG) ★
9.10 **Murder, She Wrote**
10.10 **Unforgettable** (S3)
11.10 **Castle** 20/24. (S5)
12.15 PM **Hailey Dean Mysteries** Crime drama.
2.05 **The Chronicle Mysteries: Deep End**
4.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 21/24. (S5)
8.00 **Unforgettable** (S3)
9.00 **Hailey Dean Mysteries: Dating Is Murder**
10.55 **FILM Mystery 101: Playing Dead** Drama. (2019, PG, 90min) ★★
12.50 AM **FILM Dangerous Bestie** (2018, PG) ★★
2.35 **FILM The Wrong Daughter** (2018) ★★
4.05 **FILM Brace for Impact** Thriller. (2016, PG) ★★
5.35 **to 6.00** AM **Police Ten 7**

+1 hour 322

Great! Romance

319 317 424 52 47

8.15 AM **FILM Sweet Autumn** Drama. (2020, PG) ★★
10.20 **FILM Date with Love** Comedy. (2016, U) ★★
12.15 PM **FILM Romance in Hawaii** (2023, U) ★★
2.15 **FILM Mix Up in the Mediterranean** Comedy. (2021, PG, 84min) ★★
4.10 **FILM Snapshot of Love** Drama. (2022, PG) ★★
6.05 **FILM Secrets of Bella Vista** Drama. (2022, U, 84min) ★★
8.00 **FILM Love at the Lodge** Romantic drama. (2022, U, 89min) ★★
9.55 **FILM Same Time Next Week** Drama. (2016, PG, 90min) ★★
11.50 **FILM Love Is a Piece of Cake** Romantic drama. (2020, PG, 90min) ★★
1.50 AM **Highway to Heaven**
2.45 **FILM Mix Up in the Mediterranean** (2021)
4.10 **to 5.00** AM **Highway to Heaven**

+1 hour 320

Rewind TV

182 81 141

6.00 AM **Highlights**
8.30 **Thick as Thieves** (S1)
9.00 **Bubblegum & Cheese**
10.00 **The Top Secret Life...**
10.30 **Shine on Harvey Moon**
11.30 **The Fenn Street Gang**
12.00 NOON **The Lovers** (S2)
12.30 PM **The Dustbinmen**
1.00 **Wish Me Luck** (S3)
2.00 **The Champions** (S1)
3.00 **Shine on Harvey Moon**
4.00 **Walking Westward**
4.30 **Old Country**
5.00 **Bubblegum & Cheese**
6.00 **The Top Secret Life of Edgar Briggs**
6.30 **The Fenn Street Gang**
7.00 **The Lovers** (S2)
7.30 **The Dustbinmen** (S2)
8.00 **The Champions** (S1)
9.00 **Wish Me Luck** (S3)
10.00 **Game On** 3/6. (S2)
10.35 **Stereo Underground**
11.35 **FILM Heather Ann** Drama. (1983, 15) ★★
12.35 AM **FILM Drake's Venture** (1980) ★★
2.35 **to 6.00** AM **Highlights**

DMAX

158 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **The Snake Catcher**
10.00 **Deadliest Catch**
12.00 NOON **Treasure Quest: Snake Island**
1.00 PM **Expedition Unknown** Double bill.
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** After a devastating 2011 season, every ship is looking to make a comeback. **8.00** The competition leads to more deceit amongst the captains.
9.00 **Alaska: Homestead Rescue** The Raneys work together to solve a mystery.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 258 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Secrets of the Curry Kitchen**
7.00 **The Hairy Bikers' Comfort Food**
8.00 **The Pioneer Woman**
9.00 **Meat-Free Meals**
10.00 **Barefoot Contessa**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Great British Adventure**
3.00 **The Hairy Bikers' Comfort Food**
4.00 **The Pioneer Woman**
5.00 **Meat-Free Meals**
6.00 **Barefoot Contessa**
7.00 **Great British Bake Off**
9.00 **Jamie's One-Pan Wonders** Jamie whips up lemongrass chicken. **9.30** Recipes for pulled pork and shakshuka.
10.00 **Tom Kerridge Secrets of the Pub Kitchen**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food: Best Of**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 15/27. (S4)
9.00 **The A-Team** 18/25. (S3)
10.00 **Charlie's Angels** (S5)
11.00 **FILM Battle Star Wars** Sci-fi action drama. (2020, 12, 86min) ★
12.45 PM **FILM Gunsmoke: To the Last Man** Western. (1992, PG, 91min) ★★
2.35 **FILM The Buccaneer** Adventure. (1958, b/w, PG, 121min) ★★★
5.00 **Star Trek** 28/30. (S1)
6.00 **Charlie's Angels** (S5)
7.00 **The A-Team** 19/25. (S3)
8.00 **Walker, Texas Ranger**
9.00 **FILM Blitz** Crime thriller. (2011, 18, 97min) ★★★
10.55 **FILM Chaos** Police conspiracy thriller. (2005, 15, 106min) ★★★
1.00 AM **FILM Night Hunter** Thriller with Henry Cavill. (2018, 15, 88min) ★★
3.00 **to 4.50** AM **FILM Reasonable Doubt** Crime action thriller. (2013, 15, 91min) ★★★

Legend Xtra

317 316 171 69 138 51

9.00 AM **Frank Herbert's Children of Dune**
11.00 **The Lost World** (S1)
12.00 NOON **FILM Shark Season** Action thriller. (2020, PG, 87min) ★★
2.00 PM **Frank Herbert's Children of Dune** (S1)
4.00 **Walker, Texas Ranger**
5.00 **FILM Escape from Mars** Sci-fi action drama. (1999, PG, 86min) ★★
7.00 **The Lost World** (S1)
8.00 **The Fall Guy** 11/23. (S1)
9.00 **FILM Parker** Thriller starring Jason Statham and Jennifer Lopez. (2013, 15, 114min) ★★★
11.20 **FILM Stagecoach** Western starring Trace Adkins and Kim Coates. (2016, 15, 90min) ★★
1.10 AM **FILM Circus of Horrors** Horror drama. (1960, 15, 91min) ★★
3.00 **FILM Escape from Mars**
5.00 **to 6.00** AM **The Lost World**

+1 hour 318 371 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.35 **Storage Hunters**
8.30 **Storage Wars: Texas**
9.20 **Hardcore Pawn**
10.15 **Auction Hunters**
11.10 **Deep Water Salvage**
12.10 PM **Salvage Kings**
1.05 **Pawn Stars**
2.05 **Storage Wars: Texas**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
5.00 **Close Encounters Down Under**
6.00 **Pawn Stars**
7.00 **Storage Wars: Texas**
8.00 **Dickinson's Real Deal**
9.00 **Strange Evidence** New editions Double bill.
11.00 **World's Most Unexplained**
12.00 M'T **Deadman's Curse**
1.00 AM **Alien Files: Unsealed**
2.00 **Ancient Aliens**
3.00 **Deep Water Salvage**
3.45 **Salvage Kings**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Highlights**

5SELECT

153 166 138 46 133 30

9.05 AM **The Yorkshire Vet**
10.05 **Operation Pet Rescue**
11.05 **Ben Fogle: New Lives in the Wild** Bulgaria.
12.05 PM **The Pacific War in Colour** Documentary.
1.05 **Murder, She Wrote**
3.10 **Columbo**
5.00 **Hollywood: Drain the Oceans** Documentary.
6.00 **Britain's Greatest Bridges** From Bristol.
7.00 **The Pacific War in Colour** The US drops atomic bombs on Japan.
8.00 **Ben Fogle: New Lives in the Wild** Bulgaria.
9.00 **Michael Palin in Venezuela** Documentary.
10.00 **Michael Portillo's Travel Diaries**
11.00 **Into the Amazon with Robson Green**
12.00 M'T **Wentworth Prison**
1.00 AM **Autopsy**
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase** Quiz.
9.00 **Tenable** Double bill.
11.00 **The Chase Celebrity Special** With Melanie Sykes, Heather Small, Andrew Castle and Graeme Le Saux.
12.00 NOON **The Chase** Double bill of the quiz.
2.00 PM **Bridge of Lies**
3.00 **Who Wants to Be a Millionaire? Celebrity Special** Celebrity version of the big-prize quiz.
4.00 **The Chase** Quiz show.
5.00 **The Bidding Room** Items include a collection of printing plates and a retro Olivetti typewriter.
6.00 **Tenable** Double bill.
8.00 **The Chase** Double bill.
10.00 **Tenable** Five university friends take part.
11.00 **Bullseye** Double bill.
12.00 M'T **Who Wants to Be a Millionaire?** Quiz show.
1.00 AM **The Chase** Triple bill.
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Mike & Molly**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Mike & Molly**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory**
9.00 **NEW SERIES The Bad Skin Clinic** Chloe faces a life-changing diagnosis from Dr Emma as a painful skin condition puts her dream career as a hairdresser at risk. **10.00** New edition Stuart's huge nose is severely swollen, making it hard to breathe, and Steve sees Dr Emma about a large lump on his forehead. **11.00** Karmah hides the flaky skin on his face behind a mask and hat.
12.00 M'T **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
10.00 **Spin City** (S5)
11.00 **Everybody Loves Raymond** 8–11/24. (S6)
1.00 PM **Friends** (S3)
7.30 **Friends** 22/25. Joey's play gets terrible reviews. **8.00** 23/25. Ross finds a growth on his buttocks. **8.30** 24/25. Guest stars Robin Williams. (S3)
9.00 **Michael McIntyre's Big Show** With Joe Lycett and James Arthur.
10.00 **8 Out of 10 Cats Uncut**
10.50 **Out of Order**
11.50 **Whose Line Is It Anyway? USA**
12.50 AM **South Park** (S5)
2.50 **Rosie Jones Tries to Help** Kerry Godliman.
3.00 **Michael McIntyre's Big Show** As 9.00pm.
3.45 **The Pep Talk**
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S5)
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** (S6)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.30 **Takeshi's Castle**
4.00 **Most Ridiculous**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** (S5)
7.00 **Everybody Loves Raymond** 8–11/24. (S6)
9.00 **South Park** (S5&13)
12.00 M'T **Mike Judge's Beavis and Butt-Head**
1.00 AM **The Ricky Gervais Show** Double bill.
2.00 **Teachers** 7&8/10. (S1)
3.00 **Reno 911!** 7&8/16. (S2)
3.45 **Important Things with Demetri Martin**
4.30 **Spin City** (S5)
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
10.50 **Steptoe and Son** (S6)
11.25 **You Rang, M'Lord?**
12.25 PM **Rising Damp Christmas Special** (S2)
12.55 **Man About the House**
1.25 **Goodnight Sweetheart**
2.05 **When the Boat Comes In** 13/13. (S1)
3.05 **Minder** 2/13. (S2)
4.10 **Citizen Smith** 5/5. (S2)
4.45 **Man About the House**
5.15 **Some Mothers Do 'Ave 'Em** 6/6. (S2)
6.00 **That's 60s**
6.15 **Steptoe and Son** (S2)
6.55 **Rising Damp** (S2)
7.25 **Whatever Happened to the Likely Lads?** (S2)
8.05 **Minder** 1/13. (S2)
9.00 **Benidorm** 3/9. (S9)
9.55 **Shameless** 10/14. (S11)
10.55 **Just Good Friends** (S3)
11.35 **Rising Damp** (S3)
12.05 AM **Benidorm** 3/9. (S9)
1.05 **Shameless** 10/14. (S11)
2.05 **Kenny Everett Show**
2.30 **to 6.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **Teen Mom 2**
8.00 **Catfish: The TV Show**
3.00 PM **Catfish: The Dramatic** Reality series.
4.00 **Dallas Cowboys Cheerleaders**
6.00 **Sweet Home Alabama**
7.00 **Teen Mom UK: Next Generation**
8.00 **Teen Mom UK** New edition Sassi dreams of her future without Darren.
9.00 **True Life Crime UK**
10.00 **Caught in the Act: Unfaithful** New edition Radio personality Jojo is questioning her relationship with Claude.
11.00 **Teen Mom Family Reunion** Reality series.
12.00 M'T **Geordie Shore**
2.00 AM **Teen Mom: The Next Chapter**
2.45 **Ridiculousness** New editions Double bill.
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Junkyard Empire**
9.00 **Gold Rush** Double bill.
11.00 **Diesel Brothers** Double bill.
1.00 PM **Deadliest Catch** John and Andy fight to save their anchor and the boat. **2.00** A storm threatens John's record-breaking run.
3.00 **How Do They Do It?**
5.00 **Alaska: Homestead Rescue** Oregon homesteaders buy their dream property, but flooding rivers devastate their home, gardens and livestock.

9.00 Mud Madness

7.00 Wheeler Dealers A Peugeot 205 T16 inspires Mike to upgrade its under-powered UK counterpart for a race.

8.00 Wheeler Dealers Mike thinks there is money to be made on a soft-top Saab 900, but Elvis has concerns.

9.00 Mud Madness New edition Megan makes her mark in a big tire race, while AJ spirals without Madi.

10.00 Kindig Customs Dave is challenged to build a CF1 that has all of the bells and whistles of a vintage '60s era British race car.

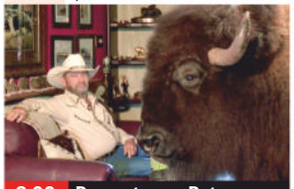
11.00 **Expedition Unknown** Josh heads to the Kingdom of Kush to dive the flooded pyramid tomb of a king.
12.00 M'T **Deadliest Catch**
1.00 AM **Mud Madness**
2.00 **Kindig Customs** As 10.00pm.
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Project Grizzly**
10.00 **Tanked** An exotic tank.
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** Room-mates whose cats will not stop attacking each other. **4.00** Jackson helps an over-aggressive cat living in a shelter.
5.00 **Lone Star Law**
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff looks back at the most special cases he has taken on.



8.00 Preposterous Pets

7.00 Treehouse Masters Pete builds a speakeasy for basketball legend Shaquille O'Neal, creating a decagonal structure.

8.00 Preposterous Pets A so-called 'lion whisperer' talks about his big cats, and a cowboy who lets buffalo roam.

9.00 Alaska: The Last Frontier Jewel flies in with her son, to visit Atz Sr on the Yuletide to celebrate his birthday.

10.00 Alaskan Bush People: Bushcraft Chronicles The Browns explain how they have dealt with medical problems.

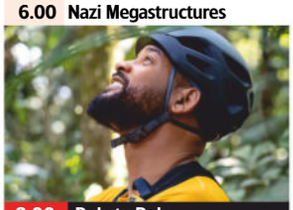
11.00 **The Haunted** A family whose appeal for help with the paranormal was dismissed.
12.00 M'T **Crikey! It's the Irwins** Bindi oversees otter training.
1.00 AM **Guardians of the Glades**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Phoenix**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Britain's Greatest Machines with Chris Barrie**
9.00 **Air Crash Investigation: Special Report**
10.00 **Seconds from Disaster**
11.00 **WW2: Hell Under the Sea**
12.00 NOON **World War II: Secrets from Above**
1.00 PM **Air Crash Investigation**
3.00 **Hitler's Last Stand: Medal of Honor** Documentary.
4.00 **Egypt's Sunken City: Drain the Oceans**
5.00 **Ice Road Rescue**
6.00 **Nazi Megastructures**



8.00 Pole to Pole

7.00 Air Crash Investigation Reconstruction of the August 1986 collision between two planes in the skies above Los Angeles.

8.00 Pole to Pole with Will Smith New edition Will joins Penti Baihua in the Amazon in search of the giant green anaconda.

9.00 Nazi Death Camp: The Great Escape Jewish former prisoners at a Polish death camp recall their escape in 1943.

10.00 Lost Ships of WW2 The story of the sinking of the USS *Juneau*, which left soldiers stranded at sea for eight days.

11.00 **Air Crash Investigation**
12.00 M'T **Car S.O.S**
1.00 AM **Toronto Airport Uncovered** Documentary.
2.00 **To Catch a Smuggler**
2.30 **Money Meltdown**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **When Sharks Attack**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Storage Wars**
7.50 **Pawn Stars Do America**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **Mysteries from Above**
1.00 PM **The Curse of Oak Island**
2.00 **Forged in Fire**
3.00 **Egypt's Unexplained Files** The truth behind ancient Egypt's best known icons. **4.00** Modern science helps uncover the secrets of health. **5.00** Whether volcanoes toppled an ancient dynasty.
6.00 **American Pickers**

9.00 The Curse of Oak Island

7.00 Forged in Fire The smiths recreate the sword wielded by Napoleon and turn a ladder into a set of Damascus knives.

8.00 Britain's Most Historic Towns Alice Roberts tells the story of Viking England by studying the history of York.

9.00 The Curse of Oak Island New edition Documentary following brothers as they search for treasure on a Nova Scotia island.

10.00 Forged in Fire New edition Blacksmiths make unusual weapons from throughout history.

11.00 **My Paranormal Nightmare**
12.00 M'T **Ultimate Mysteries** The US government's experiments into teleportation.
12.55 AM **American Pickers**
1.50 **The Curse of Oak Island**
2.50 **Pawn Stars Do America**
3.40 **Pawn Stars**
4.25 **Secrets in the Ice**
5.10 **to 6.00** AM **Britain's Most Historic Towns**

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The 2000s**
7.00 **Discovering: Alan Rickman**
8.00 **The Directors**
9.00 **The Movies** As 6.00pm.
10.00 **History of the Sitcom**
12.00 NOON **I Am Bruce Lee** The life and career of the actor and martial artist.
2.00 PM **Terry Venables: A Man Can Dream** Documentary.
3.45 **My Icon: Thierry Henry**
4.00 **Discovering: Alan Rickman**
5.00 **The Directors** Milos Forman.
6.00 **The Movies** Eighties movies, from *ET* to *The Breakfast Club*.

6.00 The Movies

7.00 History of the Sitcom A look at comedy shows' role in ushering in a new era of openness towards sex and gender identity.

8.00 History of the Sitcom A look at the role of the outsider in comedies, including aliens, geeks, monsters and witches.

9.00 NEW Critical Incident: Death at the Border A look into the 2010 death of Anastasio Hernández-Rojas, an undocumented Mexican immigrant.

10.50 Mind Over Murder The story of six individuals convicted for a 1985 murder of a grandmother.

11.50 **Mind Over Murder** New information surfaces about coercive interrogations. **12.55** AM The townsfolk grapple with the fallout of a miscarriage of justice.
2.00 **Bright Lights: Starring Carrie Fisher and Debbie Reynolds**
4.00 **The Directors** Milos Forman.
5.00 **to 6.00** AM **Discovering: Alan Rickman**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried: Classic Cars**
3.00 **Find It, Fix It, Flog It**
4.00 **The Yorkshire Auction House** Double bill.
6.00 **Antiques Road Trip**
8.00 **The Yorkshire Auction House** A garage packed to the brim with antiques. **9.00** New edition Angus finds new homes for horse drawn carts and porcelain poodles.
10.00 **The Derbyshire Auction House**
11.00 **Australian Open Tennis**
12.00 M'T **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Shed and Buried: Classic Cars**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

6.00 AM **Animal Cops Phoenix** Documentary.
7.00 **Helicopter ER**
9.00 **Cops UK** Double bill.
11.00 **The Killer in My Family**
12.00 NOON **Forbidden: Dying for Love**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** April Barber.
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **Judge Rinder's Crime Stories** Adele Bellis.
8.00 **Murder on CCTV**
9.00 **How (Not) to Get Rid of a Body** Police find a murder victim inside a Civil War crypt.
10.00 **Cabin in the Woods**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Secrets of a Murder Detective** A serial killer targets men in North London parks.
8.00 **48 Hours** New edition Former Idaho state trooper Dan Howard is charged with murdering his wife, three years after her death.
9.00 **Body in the Water** A body is discovered floating at a dock in a North Florida creek.
10.00 **Fatal Fall: Murder or Accident?** New edition Millionaire Steven Clayton was found dead at the foot of a staircase.
11.00 **Bloodline Detectives**
1.00 AM **48 Hours**
2.00 **Body in the Water**
3.00 **Fatal Fall: Murder or Accident?** Documentary.
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives**
11.00 **48 Hours** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Bloodline Detectives** The murder of Roxanne Wood. **3.00** The murder of 17-year-old Carla Walker.
4.00 **48 Hours** A police officer reports that his wife took her own life by shooting herself.
5.00 **Medical Detectives** The disappearance of a young woman. **5.30** A witness's home explodes after he gives his testimony. **6.00** A student is found brutally murdered. **6.30** Police rule out the accidental death of a drowning victim.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Motorway Patrol**
7.00 **The Force: Manchester**
8.00 **Stop, Search, Seize**
9.00 **Border Security USA**
10.00 **World's Most Evil Killers**
11.00 **Murdered at First Sight**
12.00 NOON **Catching the...**
1.00 PM **Killer in My Village**
2.00 **Murders That Shocked the Nation**
3.00 **How I Caught the Killer**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **What the Killer Did Next** Debbie Starbuck.
10.00 **Killing Mum and Dad**
11.00 **Britain's Most Evil Killers**
12.00 M'T **Catching the Killer**
1.00 AM **Most Evil Killers**
2.00 **Murdered at First Sight**
3.00 **Love You to Death**
4.00 **Law & Disorder**
5.00 **to 6.00** AM **Stop, Search, Seize**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **The World After Stonehenge**
9.20 **WWII in Colour...**
10.30 **Symbols of Evil**
11.40 **The M Factor: Shredding the Silence on Menopause**
1.00 PM **Grand Tours of the Scottish Islands**
1.40 **The World After Stonehenge**
2.50 **WWII in Colour...**
3.55 **Symbols of Evil**
5.00 **The M Factor: Shredding the Silence on Menopause**
6.15 **The World After Stonehenge**
7.25 **WWII in Colour: Road to Victory** The Suez Canal's importance.
8.35 **Symbols of Evil**
9.40 **The M Factor: Shredding the Silence on Menopause**
10.55 **WWII in Colour...**
12.00 M'T **Symbols of Evil**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

WEDNESDAY

Wednesday

Sky Nature

145 113/114 189 354 369

6.00 AM **Secrets of the Enchanted Forests** Documentary.
7.00 **Monkey Life**
8.00 **Africa's Hunters**
9.00 **Hope for Wildlife**
10.00 **Animals Like Us**
11.00 **Coral City**
12.00 NOON **The Wild Wild East**
1.00 PM **Monkey Life**
2.00 **Africa's Hunters**
3.00 **Hope for Wildlife**
4.00 **Animals Like Us**
5.00 **Wild Workers**
6.00 **The Wild Wild East**
7.00 **Monkey Life**
8.00 **David Attenborough's Wild City** Exploring the animal life of Singapore's urban environments.
9.00 **Kenya Wildlife Diaries**
10.00 **The Wild Wild East**
11.00 **Wild Workers**
12.00 M'T **Coral City**
1.00 AM **Secrets of the Enchanted Forests** Documentary.
2.00 **David Attenborough's Wild City**
3.00 **Kenya Wildlife Diaries**
4.00 **Africa's Hunters**
5.00 **to 6.00** AM **Hope for Wildlife**

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Accident, Suicide or Murder?**
12.00 NOON **Green Eyed Killers**
1.00 PM **#Textmewhenyougethome**
2.00 **Secrets of Polygamy**
3.00 **Murdertown**
4.00 **Killer Britain with Dermot Murnaghan** Shafilea Ahmed.
5.00 **Crimes That Shook Britain**
6.00 **The First 48**
7.00 **Cold Case Files**
8.00 **#Textmewhenyougethome**
9.00 **NEW SERIES Killer Grannies** June Squibb presents a look at unexpected crimes committed by older women.
10.00 **Fatal Family Feuds**
11.00 **Interview with a Killer**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Real Murders of Atlanta**
2.00 **Green Eyed Killers**
3.00 **Crimes That Shook Britain**
4.00 **Murdertown**
5.00 **to 6.00** AM **Robbie Coltrane's Critical Evidence**

+1 hour 256 333

U&Eden

166 134/162 176 57 160 142

9.00 AM **999 Rescue Squad**
1.00 PM **999 Rescue Squad**
7.00 **999 Rescue Squad** The team are called to a major fire inside a chemicals factory. **8.00** There's a bomb alert after Afghan asylum seekers are moved into a seaside hotel. **9.00** The team help a biker critically injured in a crash. Meanwhile, a man vanishes after going for a swim in a Pennines lake, sparking a major rescue operation. **10.00** A dangerous driver in a pick-up truck causes carnage when his vehicle rolls over. **11.00** A hitman linked to a drugs gang guns down two men in a supermarket car park. Later, a teenage dare leads to a massive rescue operation after a boy vanishes in the water. **12.00** M'T A truck drives through a motorway barrier and hits a BMW head-on.
1.00 AM **999 Rescue Squad**
5.30 **to 6.00** AM **My Kind of Town**

+1 hour 266 376

Sky History 2

163/168 143 186

6.00 AM **Mystery Places**
7.00 **Secrets in the Sand**
8.00 **What on Earth?**
9.00 **How to Lose a War**
10.00 **Iconic Combat Machines**
11.00 **Ancient Aliens**
1.00 PM **Craig Charles: UFO Conspiracies** As 8.00pm.
2.00 **Britain's Most Historic Towns**
3.00 **Digging for Britain**
4.00 **Mystery Places**
5.00 **Secrets in the Sand**
6.00 **What on Earth?**
7.00 **Ancient Aliens** A look at how smartphones have aided the availability of evidence.
8.00 **Craig Charles: UFO Conspiracies** A perplexing UFO encounter in west Ireland.
9.00 **Encounter: UFO** How UFO sightings are at an all-time high. **10.00** Alien visitations to Earth.
11.00 **Ancient Aliens** Double bill.
1.00 AM **Craig Charles: UFO Conspiracies** As 8.00pm.
2.00 **Britain's Most Historic Towns**
3.00 **Digging for Britain**
4.00 **Full Custom Garage**
5.00 **to 6.00** AM **Empire Builders**

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Europe's New Wild**
10.00 **Africa's Hunters**
11.00 **Animal Fight Club**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Strangest Nature**
3.00 **Shark Men**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo: North Carolina** Keepers rush to help Arctic foxes suffering with mysterious injuries.
8.00 **Wild India** Life through the eyes of a newborn elephant calf. **9.00** A look at life under the canopies illustrated in Rudyard Kipling's *Jungle Book*.
10.00 **Life Below Zero: First Alaskans** Documentary.
11.00 **Ice Road Rescue**
12.00 M'T **Exotic Animal ER**
1.00 AM **Monster Fish**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Monster Fish**

ID

154 140 166

8.00 AM **Who Killed Jane Doe?**
9.00 **Murder Comes to Town**
11.00 **Disappeared**
12.00 NOON **Murder in the Heartland** The death of 26-year-old Stacey Shoemaker.
1.00 PM **Murder Comes to Town**
3.00 **Disappeared**
4.00 **Murder in the Heartland**
5.00 **Breaking Homicide**
7.00 **Murder Under the Friday Night Lights** Conspiracies rock a Texas town after a high-school football player vanishes. **8.00** In a Pennsylvania town, the killing of an immigrant splits the community.
9.00 **Body Cam** In Ohio, police officers fear for their lives when faced with an ambush from a hidden gunman.
10.00 **911: Did the Killer Call?**
11.00 **Real Time Crime**
12.00 M'T **Britain's Deadliest Kids**
2.00 AM **Breaking Homicide**
4.00 **to 6.00** AM **Murder Under the Friday Night Lights**

+1 hour 254 366

Discovery Science

167 148 179

8.00 AM **NASA's Unexplained Files**
11.00 **Codes and Conspiracies**
1.00 PM **Blowing Up History**
3.00 **NASA's Unexplained Files**
6.00 **How Do They Do It?**
9.00 **Expedition Bigfoot** Russell finds a structure he believes is a Bigfoot nest. Meanwhile, new team member Ronny joins Mireya in a race to the nest to collect DNA samples. **10.00** Mireya and Ronny make a powerful discovery in the area around the nest. Meanwhile, Bryce suspects Bigfoot is emoting infrasound to repel the team from its territory.
11.00 **Unexplained and Unexplored** Explorers Justin Fornal and Emiliano Ruprah investigate the Knights Templar. **12.00** M'T Justin and Emiliano investigate an international conspiracy involving the highest levels of government.
1.00 AM **NASA's Unexplained Files**
4.00 **to 6.00** AM **Blowing Up History**

+1 hr 267 379

Discovery History

174 147 181

7.00 AM **Planes That Changed the World** As shown at 8.00pm.
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** The mysterious 'ninth' planet reported to exist on the very edge of the Solar System.
1.00 PM **NASA's Unexplained Files**
2.00 **Hunting Atlantis**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Planes That Changed the World** A look at pioneering aircraft, beginning with the DC3.
9.00 **Ancient Unexplained Files**
10.00 **How Do They Do It?**
11.00 **World's Greatest Motorcycle Rides** From South Africa.
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **NASA's Unexplained Files**
4.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

Discovery Turbo

161/172 146 180

7.00 AM **Junkyard Empire**
8.00 **Motor Pickers**
9.00 **Shorty's Dream Shop**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Richard Hammond's Workshop** As 1.00am.
1.00 PM **Outback Car Hunters**
2.00 **Salvage Hunters: Classic Cars**
3.00 **Shorty's Dream Shop**
4.00 **Roadworthy Rescues**
5.00 **Motor Pickers**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Roadworthy Rescues** Derek finds a 1950 Ford 8N tractor.
9.00 **Mud Madness** Racers gear up for the circuit's wildest event.
10.00 **Shorty's Dream Shop**
11.00 **Salvage Hunters: Classic Cars**
12.00 M'T **Roadworthy Rescues**
1.00 AM **Richard Hammond's Workshop** Richard's team work overtime to complete their first big restoration – a 1950s Alvis.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.05 AM **Smurfs** As 4.30pm.
7.45 **A Minecraft Movie** As 6.15pm.
9.30 **Nuremberg** As 8.00pm.
12.00 NOON **Sinners** As 10.30pm.
2.30 PM **28 Years Later** Horror thriller starring Jodie Comer. (2025, 15, 115min) ★★★★
4.30 **Smurfs** Fantasy comedy featuring the voice of Rihanna. (2025, PG, 89min) ★★
6.15 **A Minecraft Movie** Fantasy adventure with Emma Myers. (2025, PG, 101min) ★★★

6.15 A Minecraft Movie

8.00 Nuremberg Thriller starring Russell Crowe and Rami Malek. A US Army psychiatrist is sent to assess high-ranking Nazi prisoners to decide if they are fit for trial. With Michael Shannon and Richard E Grant. (2025, 15, 148min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

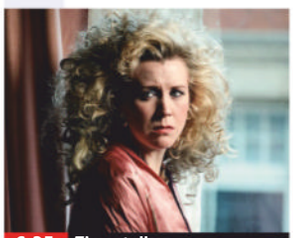
10.30 Sinners Horror thriller starring Michael B Jordan. Twin brothers return to their hometown, and find a dark force waiting to welcome them back. (2025, 15, 132min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.50 AM **The Ballad of Wallis Island** Offbeat comedy written by and starring Tim Key and Tom Basden. (2025, 12, 100min) ★★★★
2.40 **Beast of War** Horror thriller. (2025, 15, 87min) ★★★★
4.20 **to 6.30** AM **Cookster: The Darkest Days** Crime drama. (2024, 15, 119min)

Sky Cinema Brit Hits

303 303 403 503 517

7.20 AM **Black Joy** As 4.45am.
9.10 **Young Soul Rebels** (1991)
11.10 **The Accursed** Horror. (2022, 15, 90min) ★★
1.05 PM **Cleaner** Action thriller. (2025, 15, 97min) ★★★
2.55 **Snatch** Crime comedy drama. (2000, 18, 102min) ★★★★
4.40 **Mean Machine** Sports drama. (2001, 15, 99min) ★★
6.25 **Timestalker** Fantasy directed by and starring Alice Lowe. (2024, 15, 89min) ★★★★



6.25 Timestalker

8.00 Absolution Crime drama starring Liam Neeson and Ron Perlman. A veteran gangster attempts to reconnect with his children and amend the mistakes of his past. With Frankie Shaw and Daniel Diemer. (2024, 15, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 28 Days Later... Danny Boyle's horror starring Cillian Murphy, Naomie Harris, Megan Burns, Brendan Gleeson and Christopher Eccleston. (2002, 18, 113min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Quadrophenia** Cult teen drama starring Phil Daniels. (1979, 15, 115min) ★★★★
2.10 AM **Young Soul Rebels** Thriller with Valentine Nonyela. (1991, 18, 105min) ★★
4.05 **Sky Cinema Preview**
4.45 **to 6.35** AM **Black Joy** Comedy with Norman Beaton. (1977, 15, 109min) ★★★

Sky Cinema Drama

310 310 410 510 524

6.20 AM **Dear John** As 6.10pm.
8.20 **Pawn Sacrifice** Fact-based drama starring Tobey Maguire. (2014, 12, 115min) ★★★★
10.30 **I Used to Be Funny** Comedy drama. (2023, 15, 105min) ★★★
12.30 PM **Darkest Hour** Period drama. (2017, PG, 122min) ★★★
2.40 **The Boy in the Striped Pyjamas** Wartime drama. (2008, 12, 94min) ★★★★
4.25 **Quartet** Comedy drama. (2012, 12, 94min) ★★★★
6.10 **Dear John** Romantic drama. (2010, 12, 108min) ★★
8.00 **A Star Is Born** Drama starring Lady Gaga and Bradley Cooper, who also directed. A fading music star falls in love with a nightclub singer-songwriter. (2018, 15, 136min) ★★★★★
10.20 **Fifty Shades of Grey** Erotic drama starring Jamie Dornan and Dakota Johnson. (2015, 18, 120min) ★★
12.30 AM **Fifty Shades Darker** Erotic drama sequel starring Jamie Dornan. (2017, 18, 118min) ★
2.35 **Fifty Shades Freed** Erotic thriller sequel. (2018, 18, 105min) ★
4.30 **Sky Cinema Preview**
5.10 **to 7.30** AM **American Sniper** Biopic. (2014, 15, 127min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

7.10 AM **A.I. Artificial Intelligence** Steven Spielberg's sci-fi fantasy. (2001, 12, 145min) ★★★★
9.35 **The Damned** Horror mystery. (2024, 15, 89min) ★★★★
11.10 **The Chronicles of Riddick** Sci-fi adventure sequel to *Pitch Black*. (2004, 15, 119min) ★★★
1.15 PM **Edge of Tomorrow** Sci-fi adventure starring Tom Cruise. (2014, 12, 113min) ★★★★
3.25 **Nosferatu** Horror thriller. (2024, 15, 132min) ★★★★
5.50 **Arrival** Sci-fi drama starring Amy Adams and Jeremy Renner. (2016, 12, 116min) ★★★★★
8.00 **Passengers** Sci-fi drama with Jennifer Lawrence and Chris Pratt. (2016, 12, 116min) ★★★
10.00 **Battle Royale** Japanese thriller with Takeshi Kitano. Subtitled. (2000, 18, 113min) ★★★★
11.55 **Paycheck** Sci-fi thriller starring Ben Affleck and Uma Thurman. (2003, 12, 119min) ★★★★
1.55 AM **Bram Stoker's Dracula** Director Francis Ford Coppola's adaptation of the vampire novel. (1992, 18, 123min) ★★★
4.05 **Jules** Sci-fi comedy drama. (2023, 12, 87min) ★★★
5.45 **to 7.35** AM **It Feeds** Horror. (2025, 15, 102min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.25 AM **Wicked** As 7.55pm.
9.10 **Journey to the Center of the Earth** (2008, PG) ★★
10.50 **My Penguin Friend** Drama. (2024, PG, 98min) ★★★★
12.35 PM **IF** Fantasy adventure. (2024, U, 104min) ★★★
2.25 **Zathura: A Space Adventure** Fantasy. (2005, PG) ★★★★
4.10 **The Smurfs** Family adventure. (2011, U, 103min) ★★
6.00 **The Smurfs 2** Adventure sequel. (2013, U, 104min) ★★

7.55 Wicked

7.55 **Wicked** Part one of *The Wizard of Oz* prequel based on the hit stage musical, starring Cynthia Erivo and Ariana Grande. Misunderstood because of her green skin, a young woman named Elphaba forges an unlikely but profound friendship with Glinda, a student with an unflinching desire for popularity. (2024, PG, 160min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.40 **Bookworm** Family comedy starring Elijah Wood and Nell Fisher. (2024, 12, 103min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **MouseHunt** Comedy. (1997, PG, 98min) ★★★★
2.15 **The Tiger Rising** Drama. (2022, PG, 102min) ★★★
4.05 **Cats & Dogs: The Revenge of Kitty Galore** Comedy sequel. (2010, U, 82min) ★★
5.35 **to 7.35** AM **Peter Pan** Family adventure. (2003, PG) ★★★★

Sky Cinema Action

307 307 407 507 521

7.35 AM **Shenandoah** As 3.25am.
9.25 **Cleaner** Action thriller. (2025, 15, 97min) ★★★
11.10 **Batman** Tim Burton's comic-book adventure. (1989, 15, 121min) ★★★★
1.25 PM **Batman Returns** Comic-book adventure. (1992, 12, 121min) ★★★★
3.35 **Batman & Robin** Adventure. (1997, PG, 125min) ★★
5.50 **Batman Forever** Adventure. (1995, 12, 121min) ★★★

5.50 Batman Forever

8.00 **Kong: Skull Island** Action adventure starring Tom Hiddleston. A secret mission to a mysterious island descends into chaos when the wildlife proves far from welcoming. With Samuel L Jackson and Brie Larson. (2017, 12, 118min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Rumble in the Bronx** Action comedy starring Jackie Chan. A holidaying Hong Kong cop takes on a street gang and Mafia thugs in New York. (1996, 15, 89min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Terminator Salvation** Sci-fi action thriller sequel. (2009, 12, 110min) ★★★
1.40 AM **Long Gone Heroes** Thriller. (2024, 15, 101min) ★★★
3.25 **Shenandoah** Western drama. (1965, PG, 101min) ★★★★
5.15 **to 7.00** AM **Fight or Flight** Thriller starring Josh Hartnett. (2025, 15, 98min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.05 AM **Code 3** Action comedy. (2025, 15, 104min) ★★★★
8.50 **The Golden Child** Fantasy. (1986, PG, 93min) ★★
10.30 **Alfie** Comedy drama remake. (2004, 15, 106min) ★★★
12.20 PM **Mean Girls** As 8.00pm.
2.00 **It's Complicated** Comedy. (2009, 15, 115min) ★★★★
4.05 **Role Models** As 5.40am.
5.55 **How to Lose a Guy in 10 Days** Romantic comedy. (2003, 12, 116min) ★★★

9.45 Shirley Valentine

8.00 **Mean Girls** Teen comedy starring Lindsay Lohan. A 15-year-old girl moves from Africa to America and must learn a new law of the jungle when she enrols in an Illinois high school. (2004, 12, 97min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Shirley Valentine** Romantic comedy starring Pauline Collins as a bored housewife who finds sun, wine and love on a Greek island. With Tom Conti and Bernard Hill. (1989, 15, 108min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Miss Congeniality** Comedy. (2000, 12, 109min) ★★★★
1.30 AM **Jackass: The Movie** Slapstick comedy with Johnny Knoxville. (2002, 18, 87min) ★
3.00 **Jackass 3** Slapstick comedy sequel. (2010, 15, 93min) ★★
4.40 **Sky Cinema Preview**
5.40 **to 7.25** AM **Role Models** Comedy starring Paul Rudd. (2008, 15, 99min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

7.40 AM **Caddo Lake** Thriller. (2024, 12, 99min) ★★★
9.25 **Three Days of the Condor** Thriller. (1975, 15) ★★★★
11.25 **The Wasp** (2024, 15) ★★★★
1.10 PM **The Perfect Storm** Action drama. (2000, 12) ★★★★
3.25 **The Godfather Part III** Concluding chapter of Francis Ford Coppola's gangster epic. (1990, 15, 162min) ★★★★
6.15 **Black Bag** Espionage thriller. (2024, 15, 94min) ★★★★

6.15 Black Bag

8.00 **The Accountant** Thriller starring Ben Affleck and Anna Kendrick. A man with autism moonlights as a money launderer for the Mob, but the Treasury Department soon closes in. With JK Simmons, John Lithgow and Jon Bernthal. (2016, 15, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **Eye in the Sky** Thriller starring Helen Mirren and Alan Rickman. A mission to wipe out a terrorist cell is complicated when a girl enters the blast radius of a planned drone strike. (2015, 15, 112min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Split** M Night Shyamalan's thriller starring James McAvoy. (2016, 15, 117min) ★★★
2.20 **The Thicket** Western starring Peter Dinklage. (2024, 15, 108min) ★★★
4.15 **to 6.00** AM **Sew Torn** Darkly comic crime thriller. (2024, 15, 100min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Man in the Saddle** Western starring Randolph Scott. (1951, PG, 87min) ★★★
12.45 PM **This Gun for Hire** Thriller starring Alan Ladd. (1942, b/w, PG, 81min) ★★★★★
2.25 **Anzio** World War Two drama. (1967, PG, 117min) ★★★
4.45 **Gunman's Walk** Western. (1958, PG, 95min) ★★
6.45 **The Eagle** Action adventure. (2011, 12, 113min) ★★★

9.00 Polite Society

The Eagle (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Polite Society** Action comedy starring Priya Kansara. Desperate to save her sister from her impending marriage, a budding martial artist plans a daring wedding heist. With Ritu Arya and Renu Brindle. (2023, 12, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **xXx** Espionage thriller starring Vin Diesel as a rebellious extreme sports fanatic who is recruited by America's secret services and sent to Prague on a dangerous mission. (2002, 12, 124min) ★★
1.35 **to 3.45** AM **xXx: The Next Level** Action thriller sequel starring Ice Cube and Samuel L Jackson. (2005, 12, 97min) ★★

8 PM
9 PM
10 PM
11 PM

+1hour 314 430 47 301 257

Sky Cinema Feel Good

302 302 402 502 516

6.55 AM **In & Out** Comedy with Kevin Kline. (1997, 12, 91min) ★★★
8.30 **The Intern** As 11.40pm.
10.35 **Daddy Day Care** As 1.45am.
12.15 PM **Spy Kids** Action comedy. (2001, U, 88min) ★★★★
1.55 **E.T. The Extra Terrestrial** Steven Spielberg's sci-fi fantasy. (1982, U, 114min) ★★★★★
3.55 **Men in Black** Sci-fi comedy. (1997, PG, 94min) ★★★★

5.45 **The Karate Kid** Martial arts adventure with Ralph Macchio. (1984, 12, 127min) ★★★★
8.00 **Kung Fu Panda 4** Animated comedy adventure sequel featuring the voices of Jack Black, Awkwafina and Viola Davis. (2023, PG, 94min) ★★★
9.40 **Instant Family** Comedy starring Mark Wahlberg and Rose Byrne. (2018, 12, 118min) ★★★★
11.40 **The Intern** Comedy with Robert De Niro and Anne Hathaway. (2015, 12, 121min) ★★★★

1.45 AM **Daddy Day Care** Family comedy starring Eddie Murphy. (2003, PG, 92min) ★★★
3.20 **Galaxy Quest** Sci-fi comedy. (1999, PG, 102min) ★★★★
5.10 **to 7.05** AM **Singin' in the Rain** Musical starring Gene Kelly. (1952, U, 102min) ★★★★★

Sky Cinema Greats

304 304 404 504 518

7.20 AM **Trading Places** Comedy. (1983, 15, 116min) ★★★★★
9.20 **Bad Boys** As 4.00pm.
11.20 **Police Academy** Comedy. (1984, 15, 95min) ★★★
1.00 PM **Police Academy 2: Their First Assignment** Comedy sequel. (1985, 12, 87min) ★★
2.30 **Police Academy 3: Back in Training** Comedy sequel. (1986, PG, 82min) ★

4.00 **Bad Boys** Action comedy thriller. (1995, 15, 118min) ★★★
6.00 **Raiders of the Lost Ark** Steven Spielberg's action adventure. (1981, PG, 115min) ★★★★★
8.00 **Indiana Jones and the Temple of Doom** Steven Spielberg's adventure starring Harrison Ford. (1984, PG, 118min) ★★★
10.05 **Indiana Jones and the Last Crusade** Steven Spielberg's adventure starring Harrison Ford and Sean Connery. (1989, PG, 127min) ★★★★★

12.20 AM **Demolition Man** Sci-fi thriller. (1993, 15, 114min) ★★★
2.20 **High Plains Drifter** Western. (1972, 18, 105min) ★★★★
4.10 **The Warriors** Urban thriller. (1979, 15, 94min) ★★★
5.45 **to 7.40** AM **Jackie Chan's First Strike** Thriller. (1996, 12) ★★

Sky Cinema Animation

305 305 412 500 514

6.10 AM **Madagascar** Animation. (2005, U, 86min) ★★★★
7.45 **Smallfoot** As shown at 4.00am.
9.30 **The Garfield Movie** As 7.30pm.
11.20 **Lego DC Comics Super Heroes: The Flash** Animation. (2018, U, 78min) ★★★
12.45 PM **The Emoji Movie** Animated adventure. (2017, U, 83min) ★
2.20 **Trolls** Animated musical. (2016, U, 92min) ★★★

4.00 **The Angry Birds Movie** Animated comedy adventure. (2016, U, 97min) ★★★
5.45 **The Angry Birds Movie 2** Animated comedy sequel. (2019, U, 93min) ★★★
7.30 **The Garfield Movie** Animation featuring the voices of Chris Pratt and Samuel L Jackson. (2023, U, 101min) ★★★
9.20 **Home** Animated comedy with the voices of Jim Parsons and Rihanna. (2014, U, 94min) ★★★
11.00 **Trolls** As shown at 2.20pm.

12.40 AM **Dog Man** Animation. (2025, U, 89min) ★★★★
2.20 **The Swan Princess** Animated musical. (1994, U, 89min) ★★★
4.00 **Smallfoot** Animated adventure. (2018, U, 96min) ★★★
5.45 **to 7.30** AM **The Angry Birds Movie** As shown at 4.00pm.

Movies 24

312 313 419

7.00 AM **My Argentine Heart** Comedy. (2025, PG, 84min) ★★
9.00 **A Nashville Legacy** Romantic comedy. (2023, PG, 85min) ★★
11.00 **Junebug** Fantasy drama. (2024, PG, 84min) ★★
1.00 PM **Love's Secret Ingredient** Romantic comedy drama. (2023, PG, 91min) ★★
3.00 **Sweet on You** Romantic comedy. (2023, PG, 85min) ★★

5.00 **Romantic Friction** Romantic comedy. (2023, PG, 90min) ★★
7.00 **Planning for Joy** Romantic comedy starring Chelsey Reist. (2022, PG, 86min) ★★
9.00 **The Real West** Romantic comedy starring Kimberley Sustad. A widowed academic takes a holiday on a ranch, and finds herself growing attracted to her sister's boyfriend. (2024, PG, 84min) ★★
11.00 **Fourth Down and Love** Drama. (2023, PG, 90min) ★★

1.00 AM **A Bridesmaid in Love** Romantic comedy drama. (2022, PG, 87min) ★★
3.00 **to 5.00** AM **Fashionably in Love** Romantic comedy. (2023, PG, 87min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **A Travelogue of Kent**
6.15 **The Black Book** Drama. (1949, b/w, PG, 89min) ★★★
8.05 **Someone at the Door** Comedy thriller. (1950, b/w, PG, 75min) ★
9.20 **The Gambler and the Lady** Thriller. (1952, b/w, PG, 74min) ★
10.50 **Hearts of Tin** Comic short film.
11.00 **Five Days** Crime drama starring Dane Clark and Thea Gregory. (1954, b/w, PG, 75min) ★★★

12.30 PM **The Stranger** Thriller. (1946, PG, 95min) ★★★★
2.25 **The Brothers** 6/16. (S7)
3.30 **Dial 999** 1/39. (S1)
4.00 **A Good Read: Sherlock Holmes**
5.00 **The Late Edwina Black** Thriller. (1951, b/w, PG, 78min) ★★
6.35 **Look at Life**
6.50 **Strange But True**
7.25 **Scotland Yard** 17/39. (S1)
8.00 **Van der Valk** 3/4. (S4)
10.10 **Jekyll & Hyde** Horror starring Michael Caine and Cheryl Ladd. (1989, 15, 96min) ★★★

12.05 AM **Open Fire** Fact-based drama starring Rupert Graves. (1994, 12, 105min) ★★★★
2.15 **Fedora** Billy Wilder's drama. (1978, PG, 115min) ★★★
4.30 **to 6.00** AM **The Reluctant Bride** Comedy with John Carroll. (1955, b/w, PG, 75min) ★★★

WEDNESDAY Sport 21 January

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
7.30 **LIVE ICC Under-19s World Cup Cricket** **England v Scotland.** Coverage of the Group C match at Takashinga Sports Club in Harare, Zimbabwe. The rivals were also in the same group when the tournament was last held in 2024, with England claiming a seven-wicket victory.
3.00 PM **Sports Desk**
3.30 **LIVE SA20** Coverage of the Qualifier One play-off match, as the first- and second-placed teams vie for a place in the final.
7.00 **Gillette Labs Soccer Special**
7.30 **LIVE EFL** **Stoke City v Middlesbrough.** Coverage of the Championship match at bet365 Stadium. The teams drew 0-0 in September's reverse fixture. Kick-off **8.00pm**.
10.30 **Back Pages Tonight**
11.00 **Sky Sports News**
4.00 **to 6.00** AM **LIVE DP World Tour Golf** Coverage of the featured groups on the opening day of the Hero Dubai Desert Classic from Emirates Golf Club in the United Arab Emirates.

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Premier League Years** Clips from the 2011/12 season.
3.00 **PL Retro** Bournemouth v Liverpool from 2016/17.
5.00 **The Premier League Show** A daily guide to the top flight.
7.00 **Gillette Labs Soccer Special** All the latest updates and goal alerts from this evening's football.
10.15 **Premier League Stories** A profile of Fabian Hurzeler.
10.45 **Match Officials Mic'd Up** Howard Webb's refereeing decisions from the season so far.
11.15 **Premier League Review** A look back at the weekend's action in the top-flight.
12.15 AM **Premier League Stories**
12.45 **Premier League One on One** An interview with Josh King.
1.00 **Premier League Years** A look back at the 2011/12 season.
3.00 **PL Greatest Games**
4.00 **PL Best Goals 2011/12**
5.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Cup** The 2018 final.
8.00 **1983: When Aberdeen Ruled Europe** Documentary.
9.00 **EFL Greatest Games**
9.30 **Championship Season Review**
11.00 **Best Goals: EFL Cup 23/24**
11.30 **EFL Trophy Football**
12.00 NOON **EFL** Another chance to see Wrexham v Leicester City.
2.00 PM **Bundesliga Highlights Show**
3.00 **EFL Highlights** Championship.
3.30 **EFL League One Goals**
4.00 **EFL League Two Goals**
4.30 **EFL Highlights** Championship.
7.30 **LIVE EFL** **Stoke City v Middlesbrough.** Coverage of the Championship match from bet365 Stadium. The teams drew 0-0 in September's reverse fixture at Riverside Stadium, but both teams will be eager to take three points on this occasion and boost their chances of promotion. Kick-off **8.00pm**.
10.30 **EFL Highlights** Championship.
11.30 **EFL Greatest Games**
12.00 M'T **Championship Retro**
2.00 AM **EFL Greatest Games**
4.00 **EFL Cup Retro** The 2017 final.
5.00 **to 6.00** AM **SPFL Special: Celtic's Invincibles**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **Big Bash League**
7.00 **Best of England v South Africa**
7.15 **Best of ICC WT20**
7.30 **Big Bash League**
8.25 **LIVE Big Bash League** Coverage of the knockout play-off match, as the third- and fourth-placed teams face each other for a place in the Challenger play-off.
11.45 **Best of ICC WT20**
12.00 NOON **Big Bash League**
1.00 PM **SA20** Sunrisers Eastern Cape v MI Cape Town in Gqeberha.
2.00 **Big Bash League**
3.00 **Best of Jimmy Anderson: 500th Wicket** From 2017.
3.10 **Best of Sky Cricket**
3.20 **LIVE SA20** Coverage of the Qualifier One play-off match, as the first- and second-placed teams vie for a place in the final.
7.00 **Big Bash League**
8.00 **SA20** Recent highlights.
12.00 M'T **ICC Men's T20 World Cup**
1.00 AM **SA20** Highlights of the Qualifier One play-off match.
2.00 **Big Bash League**
5.20 **Best of Jimmy Anderson: 500th Wicket** From 2017.
5.30 **Best of England v South Africa**
5.45 **to 6.00** AM **Best of ICC WT20**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **US Women's Open Golf**
11.00 **TGL** Jupiter Links v Los Angeles.
1.00 PM **LPGA Tour Golf** The 2025 Kroger Queen City Championship.
4.00 **TGL** Jupiter Links v Los Angeles.
6.00 **PGA Tour Golf** Action from day four of the Sony Open at the Waialae CC in Honolulu, Hawaii.
7.00 **PGA Tour: The Cut**
7.30 **Beyond the Scorecard**
8.00 **PGA Tour Champions** A review of the 2025 season.
9.00 **TGL** Highlights from Jupiter Links v Los Angeles staged at SoFi Center in Palm Beach Florida.
11.00 **You Can Play Golf**
11.30 **DP World Tour Golf**
1.30 AM **PGA Tour Golf**
3.30 **PGA Tour: The Cut**
4.00 **to 6.00** AM **LIVE DP World Tour Golf** Coverage of the featured groups on the opening day of the Hero Dubai Desert Classic staged at Emirates Golf Club in the United Arab Emirates.

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **ATP/WTA Tour Classic Matches** Archive action.
8.00 **United Cup Tennis** The final.
10.00 **Best of the US Open 2025**
12.00 NOON **Djokovic Top 10**
2.00 PM **United Cup Tennis**
4.00 **Murray's Moments**
6.00 **Djokovic Top 10**
8.00 **ATP Tour This Week**
8.30 **United Cup Tennis** Highlights of the final staged at Ken Rosewall Arena in Sydney, Australia.
10.30 **ATP Tour This Week**
11.00 **ATP/WTA Tour Classic Matches**
12.00 M'T **US Open Classic Matches**
2.00 AM **United Cup Tennis**
4.00 **to 6.00** AM **Murray's Moments**

TNT Sports 1

410 413 521 408 430

6.00 AM **LIVE Australian Open** Coverage of day four of the opening Grand Slam event of the year, featuring second-round matches from Melbourne Park.
7.15 **LIVE Ski Jumping World Cup** The women's event in Zao, Japan.
8.45 **LIVE Australian Open** Further coverage of day four in Melbourne.
1.15 PM **LIVE International T20 Cricket** **India v New Zealand.** Coverage of the first match of the five-game series held at Vidarbha Cricket Association Stadium in Jamtha.
5.15 **TNT Sports Cricket Reload**
5.30 **Serie A – Full Impact**
6.00 **TNT Sports Reload**
6.30 **Premier League Netbusters**
7.00 **LIVE UEFA Champions League** **Marseille v Liverpool.** The league phase clash at Orange Vélodrome. Kick-off **8.00pm**.
10.30 **UEFA Champions League Goals Show Xtra**
11.00 **Australian Open** Day four.
12.30 **to 6.00** AM **LIVE Australian Open** Coverage of day five of the opening Grand Slam event of the year, featuring second-round matches at Melbourne Park.

TNT Sports 2

411 414 522 409 431

6.00 AM **UEFA Champions League Highlights Show**
7.00 **Premier League Review**
8.00 **LIVE A-League Women** **Newcastle Jets v Adelaide United.** Coverage of the match at No. 2 Sportsground in Newcastle, Australia. Kick-off **8.00am**.
10.00 **Isuzu UTE A-League Highlights**
10.30 **One-Day International Cricket**
11.30 **UEFA Champions League**
3.30 PM **UEFA Europa League & Conference League Magazine**
4.00 **The WRC Magazine**
4.30 **FEI Jumping World Cup**
5.30 **Australian Open** Day four.
7.00 **LIVE UEFA Champions League** **Newcastle United v PSV Eindhoven.** Coverage of the league phase match from St. James' Park. Kick-off **8.00pm**.
10.30 **UEFA Champions League Goals Show Xtra**
11.00 **Premier League Review** Recent highlights, featuring Nottingham Forest v Arsenal and Manchester Utd v Manchester City.
12.00 M'T **UEFA Champions League**
4.30 AM **A-League Highlights**
5.00 **Serie A – Full Impact**
5.30 **to 6.00** AM **The WRC Magazine**

Sky Sports NFL

412 410 517 507 426 446

6.00 AM **NFL Highlights**
1.00 PM **Good Morning Football**
3.00 **NFL Bitesize Highlights** The first Divisional play-off match. **3.15** Action from the fourth Divisional play-off match. **3.30** Highlights from the third Divisional play-off match. **3.45** Action from the second Divisional play-off match.
4.00 **NFL Highlights** Carolina Panthers v Los Angeles Rams. **5.00** Action from the first Divisional play-off match.
6.00 **NBC's Pro-Football Talk** Mike Florio and Chris Simms present this NFL talk show, as they discuss and debate the biggest stories from around the league.
8.00 **The Runway** Behind the scenes with the New York Jets.
8.45 **NFL Bitesize Highlights** Houston Texans v Indianapolis Colts.
9.00 **NFL Highlights** Action from the third Divisional play-off match. **10.00** Highlights from the second Divisional play-off match. **11.00** Action from Carolina Panthers v Los Angeles Rams.
12.00 M'T **The Insiders** The latest news covering all 32 NFL teams.
1.00 **to 6.00** AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
7.15 **LIVE ICC Under-19s World Cup Cricket** **Afghanistan v Tanzania.** Coverage of the Group D match staged at High Performance Oval in Windhoek, Namibia.
3.00 PM **Sports Desk**
4.00 **The Transfer Show**
4.30 **Sports Desk**
5.00 **The Premier League Show**
7.00 **Gillette Labs Soccer Special**
7.30 **EFL Greatest Games**
7.35 **LIVE EFL** **Southampton v Sheffield United.** Coverage of the Championship match at St Mary's Stadium. Tyrese Campbell put the Blades 1-0 in the first half when the sides met at Bramall Lane last September, but two goals in seven second-half minutes from Ross Stewart saw the Saints claim a 2-1 win. Kick-off **7.45pm**.
9.45 **Gillette Labs Soccer Special**
10.15 **Soccer Special Post-Match** Reaction to the evening's football.
10.30 **Back Pages Tonight**
11.00 **Sky Sports News**
1.00 **to 6.00** AM **WTA Tennis**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
6.15 **Big Bash League**
7.15 **LIVE ICC Under-19s World Cup Cricket** **England v Scotland.** Coverage of the Group C match at Takashinga Sports Club in Harare, Zimbabwe. The rivals were also in the same group when the tournament was last held in 2024, with England claiming a seven-wicket victory in Potchefstroom, South Africa.
3.00 PM **NFL Bitesize Highlights**
3.30 **Best of England v South Africa**
3.45 **Best of ICC WT20**
4.00 **Big Bash League**
5.00 **Super League** A replay of Wigan Warriors v Hull Kingston Rovers.
8.00 **Big Bash League**
10.00 **ATP Tennis** Auckland Open final.
11.00 **WTA Tennis** Hobart Open final.
12.00 M'T **PL Greatest Games**
1.00 AM **World Darts Championship**
3.00 **EFL Greatest Games**
4.00 **DP World Tour Golf**
5.00 **to 6.00** AM **PGA Tour Golf**

TNT Sports 3

413 415 523 410 432

6.00 AM **LIVE Australian Open** Coverage of the fourth day of the opening Grand Slam event of the year, featuring second-round matches at Melbourne Park.
1.30 PM **Ultimate Pool**
3.00 **Snooker Masters** The final.
5.00 **Premier League Review**
6.00 **UEFA Champions League Highlights Show** Recent action, featuring Inter Milan v Arsenal.
7.00 **LIVE UEFA Champions League** **Chelsea v Pafos.** The league phase match at Stamford Bridge. Kick-off **8.00pm**.
10.30 **UEFA Champions League Goals Show Xtra**
11.00 **UEFA Europa League & Conference League Magazine**
11.30 **International T20 Cricket Hlts**
12.30 **to 6.00** AM **LIVE Australian Open** Coverage of day five of the opening Grand Slam event of the year, featuring second-round matches at Melbourne Park.

TNT Sports 4

414 416 524 411 434

6.00 AM **LIVE Australian Open** Coverage of day four of the opening Grand Slam event of the season, featuring second-round matches at Melbourne Park.
1.30 PM **Serie A** Cagliari v Juventus. **2.30** AC Milan v Lecce.
3.30 **Women's FA Cup** Newcastle United v West Ham United. **4.30** Arsenal v Aston Villa.
5.30 **Kenny Allstar's Number 1's**
5.45 **LIVE UEFA Champions League** **Galatasaray v Atletico Madrid.** The league phase match from Rams Park. Kick-off **5.45pm**.
7.45 **UEFA Champions League Goals Show Xtra** A chance to see this evening's goals.
11.00 **UEFA Champions League**
12.00 M'T **Serie A – Full Impact**
12.30 **to 6.00** AM **LIVE Australian Open** Coverage of day five of the opening Grand Slam event of the season, featuring second-round matches from Melbourne Park.

Premier Sports 1

419 551

6.00 AM **NHL: This is Hockey**
7.00 **NHL Tonight** Top 20 centers.
8.00 **NHL Ice Hockey**
10.00 **Challenge Cup** A chance to see Connacht v US Montauban. **12.00** NOON A chance to see Northampton Saints v Scarlets.
2.00 PM **NHL on the Fly**
3.00 **LaLiga Match Highlights**
4.30 **Eredivisie Highlights**
5.30 **Sporting Greats**
6.00 **Champions Cup** Another chance to see Bath v Edinburgh. **8.00** Another chance to see Glasgow Warriors v Saracens.
10.00 **Women's Football Weekly**
10.30 **Eredivisie** Another chance to see PEC Zwolle v AZ Alkmaar.
12.30 AM **NHL Ice Hockey**
2.30 AM **LIVE NHL Ice Hockey** **Calgary Flames v Pittsburgh Penguins.** Coverage of the inter-conference match at Scotiabank Saddledome. Face-off **2.30am**.
5.30 **to 6.00** AM **NHL: This is Hockey**

Premier Sports 2

420 552

6.00 AM **LaLiga** A chance to see Celta Vigo v Rayo Vallecano.
8.00 **NHL Ice Hockey** A replay of Dallas Stars v Boston Bruins.
10.00 **Temples of Sport**
10.30 **Bike World** Magazine.
11.00 **Champions Cup** Another chance to see La Rochelle v Harlequins. **1.00** PM Ulster v Stade Francais.
3.00 **Bike World** Magazine.
3.30 **Eredivisie** Recent action.
5.30 **LaLiga** Osasuna v Oviedo.
7.30 **Champions Cup** Another chance to see Bayonne v Leinster.
9.30 **Football's Greatest**
10.00 **NHL Ice Hockey** A chance to see Dallas Stars v Boston Bruins.
12.00 M'T **LIVE NHL Ice Hockey** **Toronto Maple Leafs v Detroit Red Wings.** The Eastern Conference match at Scotiabank Arena. Face-off **12.00m't.**
3.00 AM **Temples of Sport**
3.30 **FastZone** Motorsports highlights.
4.00 **to 6.00** AM **NHL Tonight**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **The Best of F1 2025**
7.00 **F1 Explained**
8.00 **F1 Academy Highlights**
11.00 **The F1 Show** Race preview.
12.00 NOON **Formula 1**
2.15 PM **Ted's Notebook**
2.50 **Lando Norris's Career**
3.00 **Formula 1** A chance to see the 2025 Canadian Grand Prix.
7.40 **Ted's Notebook**
8.10 **Oscar Piastri's Career**
8.20 **The Story of the 2025 Season**
8.30 **Secret Cinema: Ocon's First Win** Action from 2021.
9.00 **Formula 1** Sakhir Grand Prix.
11.15 **Toleman Story**
12.00 M'T **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Thursday

22 January

Evening Planner

Cricket

Sri Lanka v England: 1st One-Day International

TNT Sports & Discovery+, play from 9am

Coverage of the first of three 50-over matches from Colombo in Sri Lanka.

OnDemand

The Beauty

Available today

Ashton Kutcher stars in this body horror thriller as a sinister billionaire who has created a deadly miracle beauty drug.

OnDemand

Free Bert

Available today

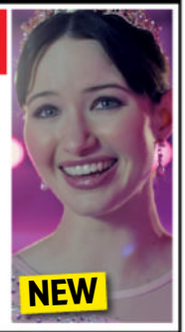
Comedian Bert Kreischer plays a version of himself in this comedy, struggling to fit into an elite lifestyle in Beverly Hills.

OnDemand

Finding Her Edge

Available today

Coming-of-age drama about the three Russo sisters, heirs to a struggling figure-skating dynasty.



SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 The Traitors		9.00 The Traitors...	9.30 Black Ops	10.00 News; Local News	
	102 BBC2	7.00 Winterwatch		8.00 Your Home Made Perfect		9.00 Rob and Rylan's Grand Tour		10.00 What We Do...	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Tonight †	8.00 Emmerdale	8.30 Coronation...	9.00 Long Lost Family		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Lorraine Kelly's Norwegian Odyssey		9.00 Patience		10.00 Palestine Action: The Truth Behind...	
	105 5	7.00 Will You Get Dementia?		8.00 Spain with Michael Portillo		9.00 Ben Fogle: New Lives in the Wild		10.00 Body in the Snow: The Murder of...	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 UFO		9.00 Rob & Romesh vs Team GB: Winter...		10.00 Romesh: Can't Knock the Hustle	
ENTERTAINMENT	115 BBC3	7.05 SpongeBob...	7.30 Sort Your Life Out with Stacey Solomon		8.30 Stacey Dooley: Costa del Narcos		9.30 Our Girl		
	116 BBC4	7.00 Great British...	7.30 Wainwright...	8.00 The Stuarts in Exile		9.00 Wogan	9.40 Moira Shearer...	10.10 Film: The Red Shoes	
	118 ITV2	7.00 Deal or No Deal		8.00 The Real Housewives of Orange County		9.00 Love Island: All Stars		10.05 Piglets	10.35 Family Guy
	136 MORE4	‹ 6.55 Car S.O.S.	7.55 The Dog House			9.00 Britain's Favourite Railway Stations...		10.00 New Zealand by Train	
	135 E4	7.00 The Simpsons		8.00 Britain's Most Expensive Houses		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Police 24/7		8.00 Law & Order: Criminal Intent		9.00 The Equalizer		10.00 Law & Order: Special Victims Unit	
	108 SKY ATLANTIC	‹ 6.55 Game of Thrones				9.00 The Last of Us		10.05 A Knight of the Seven Kingdoms	
	110 U&GOLD	7.20 Dad's Army		8.00 Fawlty Towers			9.20 The Thin Blue Line	10.00 Men Behaving...	10.35 Fawlty...
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Vera				10.00 Foyle's War	
	120 ITV4	7.05 American Pickers		8.00 Ice Road Truckers				10.00 Film: Kill Bill: Vol 2	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: The Waterboy			
	152 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Grimm			
	113 SKY MAX	7.10 Stargate SG-1			8.15 Never Mind the Buzzcocks	9.00 Rob & Romesh vs Team GB: Winter...		10.00 Evil	
	109 U&ALIBI	7.00 Miss Fisher's Murder Mysteries		8.00 Death in Paradise				10.00 Annika	
	124 SKY ARTS	7.00 Landscape Artist of the Year		8.00 Discovering: Harrison Ford		9.00 Film: Roustabout			
	132 U&W	7.00 My Kitchen Rules: South Africa		8.00 Pete Wicks: For Dogs' Sake		9.00 Louis Theroux: Law & Disorder in Philadelphia			10.20 Louis Theroux: Talking...
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers				9.00 Marooned with Ed Stafford		10.00 In the Eye of the Storm	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Richard E Grant's Seven Deadly Sins		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People: Bushcraft...	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Toronto Airport Uncovered		9.00 Gallipoli's Deep Secrets		10.00 Top Guns: The Next Generation	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 A Ship Through Time: Secrets of the...		9.00 Ice Road Truckers		10.00 Mountain Men	
	155 U&YESTERDAY	7.00 Great Canal Journeys		8.00 Bangers & Cash		9.00 Flipping Bangers		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 History of the Sitcom				9.00 The Mortician			
FILMS – Sky Cinema	301 PREMIERE	‹ 5.40 Sinners		8.00 The Ballad of Wallis Island			9.45 Nuremberg		
	302 FEEL GOOD	‹ 6.00 Instant Family		8.00 Stuart Little			9.40 Stuart Little 2		
	303 BRIT HITS	‹ 5.45 Sherlock Holmes		8.00 Sherlock Holmes: A Game of Shadows				10.15 28 Years Later	
	304 GREATS	‹ 5.35 The Day of the Jackal		8.00 The Godfather					
	305 ANIMATION	‹ 5.45 Madagascar...	7.30 The Boss Baby				9.20 The Wild Robot		
	306 FAMILY	‹ 6.00 Grow		8.00 Matilda			9.45 Yogi Bear		
	307 ACTION	‹ 6.00 Terminator Salvation		8.00 Bumblebee				10.10 Godzilla x Kong: The New...	
	308 COMEDY	‹ 6.00 Yesterday		8.00 You've Got Mail				10.00 Two Weeks Notice	
	309 THRILLER	‹ 6.15 Eye in the Sky		8.00 Speak No Evil				10.00 Sleepers	
	310 DRAMA	‹ 5.35 Molly's Game		8.00 Jackie			9.50 Darkest Hour		
	311 SCI-FI	‹ 5.35 Van Helsing		8.00 Opus				10.00 MaXXXine	
	313 FILM4	‹ 6.50 Flight of the Phoenix				9.00 The Great Wall			
SPORT	401 MAIN EVENT	7.00 Transfer Show	7.30 EFL – Live: Lincoln City v Burton Albion (Kick-off 8.00)						10.30 Golf – Live
	402 PREMIER LEAGUE	7.00 The Transfer Show		8.00 Big Interview	8.30 PL Stories	9.00 PL Review		10.00 Big Interview	10.30 Mic'd Up
	403 FOOTBALL	7.00 EFL Goals	7.30 EFL – Live: Lincoln City v Burton Albion (Kick-off 8.00)						10.30 EFL Goals
	405 CRICKET	7.15 Best of ICC WT20		8.00 WPL		9.00 SA20			
	410 TNT SPORTS 1	‹ 5.00 UEFA Europa League – Live: Fenerbahce v Aston Villa (Kick-off 5.45); SC Braga v Nottingham Forest (Kick-off 8.00)							10.30 UEFA Highlights
	411 TNT SPORTS 2	‹ 5.00 UEFA Europa League – Live: Bologna v Celtic (Kick-off 5.45); Rangers v Ludogorets (Kick-off 8.00)							10.30 One Day Cricket

‹ Denotes programmes starting before 7.00pm † Regions vary

THURSDAY

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Thursday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Rip Off Britain** New edition (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Lost and Found in the Lakes** New edition A wedding ring. (S)
2.30 **Animal Park** (S)(R)(AD)
3.00 **Escape to the Country** New edition From East Sussex. (S)
3.45 **Garden Rescue** (S)(R)
4.30 **The Travelling Auctioneers** New edition Uncovering treasures to pay off a couple's storage bill. (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)
6.55 **Party Political Broadcast** (S)

9.30 Black Ops

7 PM

7.00 **The One Show** Alex Jones and Roman Kemp present the topical show. (S)
7.30 **EastEnders** Phil prepares to take Nigel to Portugal after Sam's operation, while Ian and Elaine's feud steps up another gear. (S)(AD)

8 PM

8.00 **The Traitors** New edition 11/12. The penultimate day in the castle commences with a mission offering a unique opportunity to the Faithful. Presented by Claudia Winkleman. (S)(AD)
■ Concludes tomorrow

9 PM

9.00 **The Traitors: Uncloaked** New edition With celebrity Faithful Joe Marler and series three Traitor Minah. (S)(AD)
9.30 **Black Ops** New episode 3/6. Dom and Kay tail Steve, while Tevin piles on the pressure. (S2) (S)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Question Time** Fiona Bruce chairs the topical debate, inviting a panel of politicians and other guests in Macclesfield, Cheshire, to answer questions from an invited audience. (S)
11.40 **Newscast** A panel of journalists hosts a weekly round-up from Westminster, delivering the usual mix of serious analysis and light-hearted gossip about the biggest stories in politics. (S)
12.10 AM **The Weakest Link** 8/12. Contestants include Cherry Healey, Steve Pemberton, Jason Mohammad and Sian Welby. (S)(R)
12.55 **Weather for the Week Ahead** (S)
1.00 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.30 AM **The Travelling Auctioneers** (R)
7.15 **Escape to the Country** (S)(R)
8.00 **Sign Zone: Monty Don's Rhineland Gardens** (S)(R)(AD)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **LIVE Bowls: World Indoor Championships** Coverage from Potters Resorts at Hopton-on-Sea, Norfolk, featuring the ladies' singles final and an open singles last-16 match. (S)
5.15 **Flog It!** From Oxford. (S)(R)
6.00 **Richard Osman's House of Games** New edition With Nadia Jae, Tamzin Outhwaite, Nigel Planer and Steen Raskopoulos. (S)
6.30 **Robson Green's Weekend Escapes** New edition Robson is joined by Carol Smillie in the Scottish Highlands. (S)(AD)

10.00 What We Do in the Shadows

7.00 **Winterwatch** New edition 3/4. At Mount Stewart, the team are keeping their eyes and ears open for the fleeting presence of an elusive otter, moving silently through the landscape. (S)
■ Concludes tomorrow

8.00 **Your Home Made Perfect** Architects Damion Burrows and Lizzie Fraher compete to remodel a couple's home in Leigh-on-Sea, Essex, which has a claustrophobic downstairs layout that makes social gatherings impossible. (S)(R)

9.00 **Rob and Rylan's Grand Tour** 3/3. The duo go on a tour of Rome, turning themselves into a painting by Caravaggio, trying to get the classic Grand Tourist look, and discovering the shocking story of the singers known as castrati. (S)(R)(AD)

10.00 **What We Do in the Shadows** New episode *Sleep Hypnosis:* 3/11. A dispute spirals out of control. (S6) (S)(AD)
10.25 **Natural World: Tiger Dynasty** Documentary. (S)(R)
10.30 **Newsnight** (S)
11.05 **Lucy Worsley's Victorian Murder Club** 3/3. The historian examines a murder from 1902 that contained a fresh lead, and her hunt for the serial killer ends with a convincing prime suspect. (S)(R)(AD)
12.05 AM **Sign Zone: Gladiators** (S)(R)
1.05 **Sign Zone: Robson Green's Weekend Escapes** (S)(R)(AD)
1.35 **Sign Zone: Call the Midwife** (S)(R)
2.35 **Sign Zone: Waiting for the Out** (R)
3.30 **Sign Zone: The Traitors** (S)(R)(AD)
4.30 **to 6.30** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
9.30 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** New edition David and his team are in Coventry, where sellers bring in a Ethiopian gold coin and a 19th-century Mogul shield. (S)(AD)
3.00 **Time Is Money** New edition Quiz show hosted by Sara Davies. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as Janet takes on the infamous Banker. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.25 **Party Political Broadcast** (S)
6.30 **ITV News** (S)

9.00 Long Lost Family

7.30 **Tonight: Wellness – What Really Works?** With the UK's wellness industry now thought to be worth more than £170billion, Charlotte Hawkins finds out whether some of the latest trends are as effective as they claim to be. (S)

8.00 **Emmerdale** Ray prepares to dispose of the body and is left broken. (S)(AD)
8.30 **Coronation Street** Kit explains to Shona that Jodie is running away from somebody, and Will implores Megan to dump Daniel. (S)(AD)

9.00 **Long Lost Family** New edition 6/7. Featuring the cases of Scott, who, at the age of 12, discovered his mother and father were actually his grandparents, and Jackie, who found out her mother had another daughter. (S)(AD)

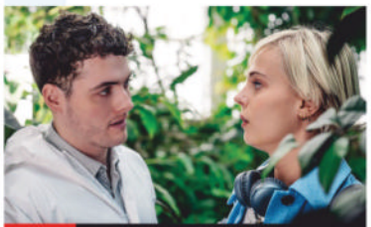
10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Killer in the House: The Murder of Nicholas Billingham** A look at the 2022 case of primary school teacher Fiona Beal, who killed her partner Nicholas Billingham and claimed that he had left her for another woman. (S)(R)(AD)
11.40 **Millionaire Hot Seat** Quiz show hosted by Jeremy Clarkson. (S)(R)
12.05 AM **Teleshopping**
3.00 **Jimmy & Shivi's Farmhouse Breakfast** Jimmy Doherty and Shivi Ramoutar are joined by guest Matt Forde. (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.25 AM **Cheers** 18-20/25. (S6) (S)(R)
7.50 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 15-18/24. (S9) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** New edition It's a family affair in France for Craig and Emma as everyone pulls together to unveil a new kitchen showroom. (S)
5.00 **Junior Bake Off** New edition The semi-final sees things get fancy with Posh-Nosh Day. (S)(AD)
6.00 **A Place in the Sun** New edition Lee Juggurnauth helps a woman looking for a traditional holiday home in eastern Crete. (S)



9.00 Patience

7.00 **News** (S)

8.00 **Lorraine Kelly's Norwegian Odyssey** New edition 2/3. Lorraine sails through the beautiful Lofoten Islands, and hopes for an encounter with one of the world's biggest birds of prey off the coast of Svolvær. (S)(AD)

9.00 **Patience** New episode *Paco's Revenge:* 6/8. A woman is found dead under a poisonous tree in the botanical gardens with her face strangely burned. (S2) (S)(AD)
■ Entire series on C4 streaming

10.00 **NEW Dispatches: Palestine Action – The Truth Behind the Ban** Matt Shea investigates the truth about Palestine Action and why the Government felt the need to proscribe them alongside ISIS and neo-Nazis. (S)(AD)
11.00 **24 Hours in Police Custody Investigates: Zombie Knives** Documentary. (S)(R)(AD)
12.05 AM **In the Footsteps of Killers** The case of Trevaline Evans. (S)(R)
1.05 **Ramsay's Kitchen Nightmares USA** A New York diner. (S)(SL)(R)
1.55 **Four Kings** (S)(SL)(R)(AD)
3.35 **Find It, Fix It, Flog It** (S)(R)
3.55 **Couples Come Dine with Me** (R)
4.50 **Kirstie and Phil's Love It or List It**
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **The Madame Blanc Mysteries** 2/6. Gloria's dog discovers the body of a man with a fencing foil protruding from his chest. (S3) (S)(R)(AD)
4.00 **Bargain-Loving Brits in the Sun** New edition Paul takes on a big catering job for a venue's 20th anniversary. (S)
5.00 **News** (S)
6.00 **The Travel Show: How to Have a Great Holiday** Expert advice on fitting everything into a carry-on case. (S)(R)
6.55 **News** (S)

9.00 New Lives in the Wild

7.00 **Will You Get Dementia?** Dr Claire Taylor learns the disease, she meets patients living with dementia, as well as scientists and experts working in the field. (S)(R)
7.55 **News** (S)

8.00 **Spain with Michael Portillo** New edition 3/8. Michael heads to the northern Basque region, home to two of Spain's most exciting cities, Bilbao and San Sebastian. He begins with a visit to Bilbao's Guggenheim Museum. (S)

9.00 **Ben Fogle: New Lives in the Wild** New edition Ben ventures into the forested wilderness of Scandinavia to stay with artists Tronde, a 69-year-old Norwegian, and Robert, a 61-year-old originally from Lebanon. (S)

10.00 **Body in the Snow: The Murder of Joanna Yeates** Documentary following the search for the killer of architect Joanna Yeates, including testimony from key witnesses and detectives working on the case. (S)(R)

12.00 M'T **My Lover, My Killer** How Sarah Henshaw's relationship with Darren Hall took a deadly twist when she tried to escape his control for good. (S)(R)(AD)
1.00 AM **PlayOJO Live Casino Show**
3.00 **Ice Age: A Frozen World** (S)(R)
3.50 **Save Money on Your Supermarket Shop** (S)(R)
4.35 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S6) (S)(R)
11.00 **Pride Rules** (S)(R)
12.00 NOON **The Flash** (S8) (S)(R)
1.00 PM **Hawaii Five-0** (S9) (S)(R)
3.00 **S.W.A.T.** 2/18. (S4) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S13) (S)(R)
5.00 **The Simpsons** *Murder, She Boat:* Lisa must solve the 'murder' of an action figure. (S)(R)
5.30 *The Very Hungry Caterpillars:* A plague of insects shuts down Springfield. (S)(R)
6.00 **The Office (US)** 23/25. Part two of two. Andy goes all out to nail his audition. (S)(R)
6.30 24/25. Part one of two. Dwight and Angela's wedding has a special guest. (S9) (S)(R)

9.00 Rob & Romesh vs Team GB

7.00 **The Simpsons** *Do the Wrong Thing:* Homer and Bart become kings of the blue-collar sports circuit. (S)(R)
7.30 *Frinkenstein's Monster:* Professor Frink helps Homer land a high-level job. (S)(R)

8.00 **UFO** 3/4. The world reels from the *New York Times* bombshell, and some begin to wonder whether the government may be using the alien narrative to cover up something more sinister. (S)(R)(AD)

9.00 **Rob & Romesh vs Team GB: Winter Special** Series finale 6/6. Part two of two. The duo conclude their foray into the world of winter sports at the World Curling Championships in Fredericton, Canada. (S)(AD)

10.00 **Romesh: Can't Knock the Hustle** 1/4. Romesh Ranganathan embarks on a mission across India, USA, South Korea and Canada, interrogating and debunking his own stand-up material. (S)(R)(AD)

11.30 **Curb Your Enthusiasm** 7/10. Larry causes an accidental death while playing golf. (S)(R)
12.10 AM 8/10. Jeff's carelessness forces Larry to embrace his feminine side. (S7) (S)(R)
12.45 **The Force: North East** (S)(R)
1.40 **Road Wars** Double bill. (R)
3.00 **S.W.A.T.** 2/18. (S4) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S13) (S)(R)
5.00 **to 6.00** AM **Stop, Search, Seize** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
11.30am Animal Park (S)(R)(AD) **12.00noon-1.00pm** First Minister's Questions (S) **12.10am** Scotcast (S)(R) **12.40** The Weakest Link (S)(R) **1.25** Weather for the Week Ahead (S) **1.30-6.00am** BBC News (S)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
10.40pm The View (S) **11.20** Question Time (S) **12.20am** Newscast (S) **12.50** The Weakest Link (S)(R) **1.40-6.00am** BBC News (S)

WALES
Sky **965**, Virgin **864**, Freesat **965**
No variations

BBC2

N. IRELAND
Sky **969**, Freesat **969**
11.05pm Confessions of a Killer (S)(R) **12.05-1.05am** Lucy Worsley's Victorian Murder Club (S)(R)(AD)

WALES
Sky **968**, Freesat **968**
10.00-10.30pm Scrum V: The Warm Up (S) **11.05** Beacons: Short Films from Wales New episode (S) **11.15** What We Do in the Shadows New episode (S)(AD) **11.45pm-12.05am** The Fens: A Wild Year (S)(R)

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Dim Byd i'w Wisgo **12.30** Heno **1.00** Rhys Patchell: Japan a'r Gic Olaf **1.30** Y Deis **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Taith Bywyd (AD) **4.00** Awr Fawr **5.00** Stwnsh **6.00** Gwlad y Basg: Gwilym Bowen Rhys **6.25** Y Cyfweliad **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Rownd a Rownd New episode (AD) **9.00** Y Byd yn ei Le New edition **9.45** Cynefin **10.45** Cysgu O Gwmpas (AD) **11.15-11.45pm** Cymru ar Gyffuriau

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **SpongeBob SquarePants** SpongeBob tries to reach the surface of the ocean. **7.15** Plankton plans to steal the secret formula.
7.30 **Sort Your Life Out with Stacey Solomon** The team help a family from East Sussex declutter their home.
8.30 **Stacey Dooley: Costa del Narcos** How southern Spain has become the main gateway for drugs.
9.30 **Our Girl** 1/4. Georgie and 2 Section are sent to Nepal following an earthquake.
10.30 **Our Girl** 2/4. A search ensues when 2 Section learn Georgie is missing. (S3)
11.30 FILM **Kindling** Drama starring George Somner and Conrad Khan. (2023, 1 2, 94min) ★★★★
1.00 AM **The Beauty Queen and the Catfish**
1.45 **Dating Apps: The Inside Story** Documentary.
2.45 **Press X on the BBC**
2.55 **to 3.55** AM **Stacey Dooley: Costa del Narcos**

MORE4

136/137 127 147 18 124 15

8.55 AM **Food Unwrapped**
9.30 **Find It, Fix It, Flog It**
10.25 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **A Place in the Sun** Childhood sweethearts search for a home on the island of Gran Canaria.
5.55 **Car S.O.S** Tim Shaw and Fuzz Townshend rescue a 1973 Dennis fire engine.
6.55 **Car S.O.S** Tim and Fuzz head to Manchester to rescue a Citroën HY van.
7.55 **The Dog House** Two very different puppies are offered to Sonia and Andy and their two little girls.
9.00 **Britain's Favourite Railway Stations with Si King** New edition 3/4. An edition celebrating Britain's shore and coastal stations. On the Norfolk coast, Si explores the modern Bittern Line terminus and the heritage North Norfolk Railway.
10.00 **New Zealand by Train** New Zealand's Northern Explorer scenic rail journey, which starts in the country's largest city, Auckland, and ends in the capital Wellington.
11.05 **24 Hours in A&E**
1.15 AM **Britain's Favourite Railway Stations with Si King** As shown at 9.00pm.
2.20 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 347 125

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Great British Railway Journeys** Michael Portillo visits the Peak District.
7.30 **Wainwright Walks** Julia Bradbury climbs Crinkle Crags and Bow Fell.
8.00 **The Stuarts in Exile** 2/2. A look at how the Jacobite campaign took place on a European-wide stage.
9.00 **Wogan** With Moira Shearer, James Ivory and Hayley Mills.
9.40 **Moira Shearer: The Reluctant Star** Looking at the life and career of the Scottish ballerina.
10.10 FILM **The Red Shoes** Michael Powell and Emeric Pressburger's ballet drama starring Moira Shearer as a rising ballerina torn between love and her career. (1948, U, 136min) ★★★★★
12.20 AM FILM **The Elephant Man** David Lynch's drama about a deformed man rescued from a carnival. Stars John Hurt. (1980, b/w, PG, 124min) ★★★★★
2.20 **to 3.20** AM **The Stuarts in Exile**

E4

135/136 126 106 13 122 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Junior Bake Off**
8.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Goldbergs**
10.00 **Modern Family**
11.00 **Ramsay's Kitchen Nightmares USA**
1.00 PM **Brooklyn Nine-Nine**
2.00 **The Simpsons**
3.00 **The Goldbergs**
4.00 **Modern Family**
5.00 **Brooklyn Nine-Nine**
6.00 **The Simpsons** Four episodes, including at: **7.00** *Treehouse of Horror Presents – Simpsons Wicked This Way Comes:* A tattooed man at a circus transports Lisa into three bizarre stories. **7.30** *Million Dollar Maybe:* Homer wins the lottery.
8.00 **Britain's Most Expensive Houses** Josh Marks tries to sell an £80million Knightsbridge penthouse.
9.00 **Gogglebox** Critiques of *The Apprentice* and *Bridge of Lies.*
10.00 **Gogglebox** Opinions on *The1% Club* and *Is It Cake?.*
11.05 **Open House: The Great Sex Experiment**
12.15 AM **Naked Attraction**
1.20 **Gogglebox** Double bill.
3.15 **Britain's Most Expensive Houses** As 8.00pm.
4.05 **The Goldbergs**
4.55 **to 6.00** AM **Don't Tell the Bride**

+1 hr 235/236 306 30 123 256

THURSDAY Entertainment

Thursday

Sky Witness

107 107 110 341 356

6.00 AM **UK Border Force**
7.00 **Nothing to Declare**
8.00 **Border Patrol**
9.00 **Send in the Dogs**
10.00 **Border Security: Canada's Front Line** Double bill.
11.00 **A1: Britain's Longest Road**
12.00 NOON **FBI** 19/22. (S4)
1.00 PM **The Rookie** 22/22. Nolan is forced to spend a week in solitary confinement. (S4)
2.00 2/22. Nolan moves closer to his new role. (S5)
3.00 **Stop, Search, Seize**
4.00 **Nothing to Declare**

9.00 The Equalizer

7 PM

7.00 Police 24/7 Officers respond to a tip about a suspect hiding in a hotel, and a suspect is given some controversial advice.

8 PM

8.00 Law & Order: Criminal Intent *Courtship:* 6/22. A judge's wife is murdered. Guest stars Steve Guttenberg. (S7)

9 PM

9.00 The Equalizer *Judgement Day:* 3/10. McCall tries to help an escaped prisoner who has been wrongly accused of murder. (S1)

10 PM

10.00 Law & Order: Special Victims Unit *Duty to Report:* 4/13. Benson handles a delicate investigation. (S25)
11.00 **The Rookie** 12/14. (S3)
12.00 M'T **FBI** 19/22. (S4)
1.00 AM **Law & Order: Criminal...**
2.00 **Law & Order: Organized Crime** 9/13. (S4)
3.00 **The Rookie** 1/22. (S5)
4.00 **Road Wars**
5.00 **to 6.00** AM **Send in the Dogs**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
7.00 **Richard E Grant's Hotel Secrets** Miami's South Beach.
8.00 **Boardwalk Empire** (S3)
10.10 **The Sopranos** 1&2/13. (S3)
12.20 PM **Game of Thrones** (S3)
2.30 **The Wire** 1&2/12. (S3)
4.40 **Westworld** 4/10. (S2)
5.55 **Deadwood** 2/12. Part two of two. Swearengen and Bullock go head to head. (S2)
6.55 **Game of Thrones** 7/10. Daenerys exchanges gifts with a slave lord and Melisandre reveals a secret. (S3)

6.55 Game of Thrones

7.55 Game of Thrones *Second Sons:* 8/10. Daenerys meets the captains of the Second Sons mercenary company, and Davos demands to see proof of Melisandre's power. (S3)

9.00 The Last of Us *Future Days:* 1/7. Five years after the events in Salt Lake City, Joel tries to mend his relationship with Ellie. (S2)

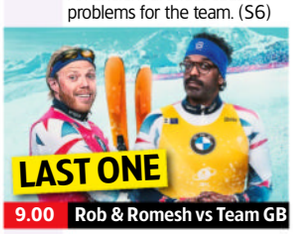
10.05 A Knight of the Seven Kingdoms *The Hedge Knight:* 1/6. Prequel to *Game of Thrones,* starring Peter Claffey. (S1)
11.00 **Deadwood** As 5.55pm.
12.00 M'T **The Sopranos** 1/13. The FBI intensifies its surveillance.
1.05 AM 2/13. Livia's death forces Janice to return. (S3)
2.10 **Game of Thrones** (S3)
4.35 **In Treatment**
5.05 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S9)
8.00 **The Flash** 13/20. (S8)
9.00 **Stargate SG-1** (S6)
11.00 **SEAL Team** 2/10. (S7)
12.00 NOON **The Flash** 14/20. (S8)
1.00 PM **Hawaii Five-0** (S9)
3.00 **S.W.A.T.** 2/18. (S4)
4.00 **NCIS: Los Angeles** 11/22. A child is found abandoned on a US Navy ship. (S13)
5.00 **SEAL Team** 1/10. Bravo team are sent to Sweden. (S7)
6.05 **Stargate SG-1** 13/22. An ancient artefact causes problems for the team. (S6)



9.00 Rob & Romesh vs Team GB

7.10 Stargate SG-1 *Smoke and Mirrors:* 14/22. O'Neill finds himself accused of assassinating a respected politician. (S6)

8.15 Never Mind the Buzzcocks With Johnny Borrell, Michelle de Swarte and Krept & Konan.

9.00 Rob & Romesh vs Team GB: Winter Special Series finale The duo head to the World Curling Championships in Canada.

10.00 Evil *October 31:* 5/13. Ben appears on a ghost-hunting show and tries to debunk their supernatural claims. (S1)
11.00 **Evil** 6/13. The Catholic Church asks Kristen, David and Ben to assess the veracity of a local prophetess. (S1)
12.00 M'T **Fear the Walking Dead**
1.00 AM **The Force: North East**
2.00 **Road Wars**
3.00 **S.W.A.T.** 2/18. (S4)
4.00 **NCIS: Los Angeles** (S13)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Celebrity Dinner Date**
8.30 **Olivia Meets Her Match**
9.25 **The Only Way Is Essex**
10.25 **Real Housewives of Miami**
11.20 **Real Housewives of Beverly Hills** Reality series.
12.15 PM **Dinner Date** Double bill.
2.15 **The Only Way Is Essex**
3.15 **Real Housewives of Orange County** Reality series.
4.10 **Real Housewives of Miami**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**

10.05 Piglets

7.00 Deal or No Deal Stephen Mulhern hosts as Jemma takes on the Banker for the chance to win a life-changing cash prize.

8.00 The Real Housewives of Orange County The ladies go to London for Shannon's 60th birthday, but things take a turn.

9.00 Love Island: All Stars New edition Former Islanders get another shot at finding the one.

10.05 Piglets New episode 2/6. Geeta resorts to subterfuge. (S2)
10.35 Family Guy 6/20. Brian posts a viral tweet. (S16)
11.05 **Family Guy** 14/20. Quagmire becomes obsessed with dating apps. (S15)
11.35 **American Dad!** (S13)
12.35 AM **Bob's Burgers** (S12)
1.35 **Olivia Attwood's Bad Boyfriends**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.35 **On the Buses**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **Inspector Morse**
11.20 **Heartbeat** Double bill.
1.30 PM **Foyle's War** *Invasion:* American GIs arrive in Hastings to a mixed welcome.
3.40 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Get Back:* A woman is shocked when a man claiming to be her dead husband turns up in the village.

5.50 Heartbeat

6.55 Heartbeat *Runners and Riders:* Lord Ashfordly's niece is devastated when her prize racehorse is held to ransom.

8.00 Vera *Dark Road:* The detective investigates when a body is found on the moors, and discovers the victim was a controversial figure with a complicated relationship with her family.

10.00 Foyle's War *Bad Blood:* A biological warfare experiment goes wrong, killing a local woman and giving Sam an illness.
11.50 **Trial & Retribution** 2/2. Connor and Walker fear for the children's safety as their suspicions about Harwood are confirmed, and when they catch up with him it seems he has lost his mind. (S7)
1.55 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Banjo and Ro's Grand Island Hotel** The couple are forced to hunt for a new income stream.
8.00 **Scotland's Sacred Islands with Ben Fogle** Ben returns to Taransay.
9.00 **Inside Barlinnie** An interview with former gangster Jimmy Boyle.
10.00 **Scot Squad** 3/5. Fletcher and McLaren uncover a criminal at a murder mystery party. (S7)
10.30 **Best of Chewin' the Fat** Highlights of the comedy sketch show.
11.00 **Scotcast** Topical discussion on Scotland's biggest news stories.
11.30 PM **to 12.00** M'T **Situationships with Sophie and Christine** Sophie Gravia and Christine McGuinness offer relationship advice.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S2)
9.00 **Ballers** 5&6/10. (S3)
10.20 **Sex and the City** (S6)
11.30 **Entourage** (S2)
12.30 PM **Will & Grace** (S4)
1.25 **Sex and the City** (S6)
3.00 **Ballers** 7/10. (S3)
3.35 **And Just Like That...**
4.30 **The Office (US)** (S1)
5.30 **Will & Grace** (S4)
6.30 **Community** 2/13. Pierce locks himself in a panic room on Halloween.
7.00 3/13. Guest stars Tricia Helfer. (S4)
7.30 **Sex and the City** 19/20. Carrie leaves New York.
8.05 20/20. Carrie has a stilted dinner with Aleksandr's ex-wife. (S6)
9.00 **Rose Matafeo: On and On and On**
10.15 **And Just Like That...**
11.10 **Community** (S4)
12.10 AM **Entourage** (S2)
1.15 **Ballers** 7&8/10. (S3)
2.25 **Curb Your Enthusiasm**
3.35 **to 5.00** AM **Silicon Valley**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Darbar Festival**
8.20 **The Joy of Painting**
8.55 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **The Art of the Garden**
3.00 **DH Lawrence: Sex, Exile and Greatness**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Landscape Artist of the Year** From St James's Park in Westminster.
8.00 **Discovering**
9.00 **FILM Roustabout** Musical. (1964, U) ★★
11.00 **Strange Journey: The Rocky Horror Picture Show**
1.00 AM **The Directors**
2.00 **Punchdrunk: Behind the Mask**
3.00 **Science Fiction in the Atomic Age**
4.00 **to 6.00** AM **Highlights**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Stargate Atlantis** (S5)
5.00 **Stargate SG-1** (S2)
6.00 **Star Trek: Voyager** (S5)
7.00 **Star Trek: The Next Generation** 18/26. (S6)
8.00 **Star Trek: Deep Space Nine** 15/26. (S7)
9.00 **World's Most Evil Killers** Billy Mansfield Jr.
10.00 **Britain's Most Evil Killers** Mick Philpott.
11.00 **Grimm** 19/22. (S4)
12.00 M'T **Wynonna Earp**
1.00 AM **Caught on Dashcam**
2.00 **Brit Cops: Frontline Crime UK** Documentary.
3.00 **The Force: Manchester**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Quiz show.
3.00 **In with a Shout**
4.00 **Ridiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts the game show as contestant Myles tries to open the 22 red boxes in the right order for the chance to win a life-changing cash prize.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Alan Carr's Epic Gameshow** The comedian hosts an updated version of classic darts-themed quiz show *Bullseye.*
10.00 **Tipping Point** Triple bill of the arcade-themed game show hosted by Ben Shephard.
12.50 AM **Tenable**
1.45 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Find It, Fix It, Flog It**
12.00 NOON **A Place in the Sun** Triple bill.
3.00 PM **Kirstie and Phil's Love It or List It: Brilliant Builds**
3.30 **Come Dine with Me**
6.00 **Kirstie and Phil's Love It or List It**
7.00 **Valley of the Kings: Secret Tomb Revealed**
8.00 **Kirstie and Phil's Love It or List It**
9.00 **FILM Mission: Impossible – Dead Reckoning** Action thriller sequel starring Tom Cruise. (2023, 12, 163min) ★★★★
12.10 AM **Gogglebox**
1.15 **24 Hours in A&E**
2.20 **24 Hours in Police Custody Investigates: Zombie Knives**
3.20 **Celebrity Gogglebox**
4.25 **to 5.00** AM **Food Unwrapped's Deep South Adventure**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Big Match Revisited**
8.10 **Magnum, PI**
9.10 **Kojak**
10.15 **Boon**
11.25 **The Sweeney**
12.30 PM **Robin of Sherwood**
1.40 **Magnum, PI**
2.40 **Kojak**
3.50 **Boon**
4.55 **The Sweeney** *Jackpot:* A security van is held up.
6.00 **Minder** *National Pelmet:* Arthur attempts to sell off cheap reproduction pottery to an antiques dealer.

10.00 Kill Bill: Vol 2

7.05 **American Pickers** Mike Wolfe and Frank Fritz rummage around a machine shop in search of rare collectibles.
8.00 **Ice Road Truckers** Lisa Kelly has a close encounter with an 18-wheeler on the Dalton Highway.
9.00 **Ice Road Truckers** Alex Debogorski discovers he has a flat tyre while on the toughest part of the Dalton Highway.
10.00 **FILM Kill Bill: Vol 2** Quentin Tarantino's epic action thriller sequel starring Uma Thurman. (2004, 18, 136min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.40 AM **Ligue 1 Highlights** Featuring Monaco v Lorient.
1.10 **Berlin Station** 3/9. (S2)
2.05 **Auto Mundial**
2.35 **Unwind with ITV**
3.30 **to 4.00** AM **Motorsport Mundial**

+1 hour 220 318 118

Sky Sci-Fi

152 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 9/26. (S5)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 10/26. (S5)
2.00 **Blood & Treasure** (S2)
4.00 **Stargate SG-1** 20/22. (S1)
5.00 **Star Trek: Voyager** Part two of two. 2/16. The stranded crews band together. (S1)
6.00 **Star Trek: The Next Generation** 9/26. A historian angers the crew. (S5)

11.00 Wynonna Earp

7.00 **Star Trek: Deep Space Nine** *Rapture:* 10/26. Sisko is plagued by visions that potentially hold the key to Bajor's future. (S5)
8.00 **Stargate SG-1** *There but for the Grace of God:* 20/22. Daniel enters an alternative reality. (S1)
9.00 **Grimm** *Blood Magic:* 10/13. A series of brutal attacks are linked to a local nursing home, and Eve visits Adalind.
10.00 **Grimm** *Where the Wild Things Are:* 11/13. Eve sets out to confront the force she saw in the mirror. (S6)
11.00 **Wynonna Earp** 1/12. Wynonna may be confirmed as the Earp heir, but the town is still a hot bed of activity. (S2)
12.00 M'T **Intergalactic** 6/8. A guard is found slaughtered. (S1)
1.00 AM **Blood & Treasure** (S2)
3.00 **Wynonna Earp** As 11.00pm.
4.00 **Intergalactic** As 12.00m't.
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S10)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 6/22. (S6)
11.00 **Hudson & Rex** 4/20. (S5)
12.00 NOON **Miss Fisher's Murder Mysteries** 1/13. (S2)
1.00 PM **Death in Paradise** (S2)
2.00 **Murdoch Mysteries** (S10)
4.00 **The Mentalist** 6/22. (S6)
5.00 **Hudson & Rex** 4/20. A severed hand is discovered. (S5)
6.00 **Father Brown** *The Last Supper:* A food fayre comes to Kembleford – bringing murder with it. Stars Mark Williams.

10.00 Annika

7.00 **Miss Fisher's Murder Mysteries** *Murder Most Scandalous:* 1/13. Phryne goes undercover at a gentleman's club. (S2)
8.00 **Death in Paradise** *A Dash of Sunshine:* 6/8. Poole investigates the death of a strangled English tourist. (S2)
9.00 **Death in Paradise** *One for the Road:* 2/8. Saint Marie's governor is poisoned at her leaving party. (S5)
10.00 **Annika** 2/6. The MHU are sent to Edinburgh when a body is pulled out of the Forth River, imprisoned in a dog cage. (S2)
11.00 **Father Brown** As 6.00pm.
12.00 M'T **So Help Me Todd** 14/21. Todd gets caught up in a scheme orchestrated by his former partner Veronica. (S1)
1.00 AM **Death in Paradise** (S2)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.30 AM **Highlights**
9.25 **Are You Being Served?**
10.05 **Open All Hours**
10.45 **Keeping Up Appearances**
11.25 **Last of the Summer Wine**
12.45 PM **The Green Green Grass**
1.25 **Ever Decreasing Circles**
2.05 **Dad's Army: The Lost Episodes**
2.45 **Are You Being Served?**
3.25 **Open All Hours**
4.00 **Ever Decreasing Circles**
4.40 **Last of the Summer Wine**
6.00 **Fawlty Towers**
6.40 **Open All Hours**

10.00 Men Behaving Badly

7.20 **Dad's Army** The bumbling platoon boost their fighting strength by acquiring an armoured car.
8.00 **Fawlty Towers** An abrasive American comes to stay at the hotel. **8.40** The death of a guest plunges the hotel into chaos. Guest stars Geoffrey Palmer.
9.20 **The Thin Blue Line** DI Grim does a spot of moonlighting.
10.00 **Men Behaving Badly** Gary gets stuck in a lift with Deborah, while Tony tries his hand at the art of seduction.
10.35 **Fawlty Towers** As 8pm.
11.15 **Fawlty Towers**
12.00 M'T **The Thin Blue Line**
12.35 AM **Men Behaving Badly**
1.10 **Fawlty Towers**
2.40 **The Thin Blue Line**
3.10 **to 4.00** AM **Men Behaving Badly**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **World's Most Dangerous Roads** From Alaska.
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Guy Martin: Proper Jobs**
11.00 **Rick Stein's India**
12.00 NOON **Bangers & Cash**
2.00 PM **Robson's Extreme Fishing Challenge**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** Si and Dave celebrate pork.
6.00 **Rick Stein's India** The seafood chef meets India's first *MasterChef* winner in Lucknow.

11.00 Taskmaster: Champion...

7.00 **Would I Lie to You?** With guests Miles Jupp, Heston Blumenthal, Emilia Fox and Ed Byrne.
7.40 **Richard Osman's House of Games** With Hannah Cockroft and Penny Smith. **8.20** With Rob Deering, Katya Jones, Phil Tufnell and Jayne Middlemiss.
9.00 **QI XL** Guests Rob Brydon, Phill Jupitus and Cal Wilson join regular panellist Alan Davies and host Stephen Fry.
10.00 **Have I Got a Bit More News for You** Jess Phillips hosts the satirical quiz, with guests Hannah Fry and Jon Richardson.
11.00 **Taskmaster: Champion of Champions** 1/2. The first of a two-part special welcoming back the champions from the first five series of the show.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **to 4.00** AM **Not Going Out**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 10-12/23. (S1)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *The Good Wives Club:* 2/23. The agents pursue a serial killer. **7.00** *Vanished:* 3/23. A helicopter is found in a crop circle. **8.00** *Lt Jane Doe:* 4/23. A case stirs up bad memories for Ducky. (S2)
9.00 **Blue Bloods** *Ripple Effect:* 13/22. A medium claims to know about the suicide of a woman. **10.00** *My Brother's Keeper:* 14/22. Danny goes against orders. (S9)
11.00 **Law & Order: Special Victims Unit** 10/21. A woman makes a false accusation. (S18)
11.55 **Law & Order: Special Victims Unit** (S18&17)
2.45 AM **Sight Unseen** New episode 9/10. (S2)
3.35 **to 4.00** AM **Cops**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Shoplifters: Caught Red Handed**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **Casualty 24/7: Every Second Counts** Patients include an ex-miner with breathing issues.
8.00 **GPs: Behind Closed Doors** New edition A man suffering from testicular swelling.
9.00 **A&E After Dark**
10.00 **Ambulance: Code Red**
11.00 **Skin A&E** Documentary.
12.00 M'T **Call the Bailiffs: Time to Pay Up**
1.00 AM **Nightmare Tenants, Slum Landlords**
2.00 **VC Andrews' Heaven**
3.30 **Car Pound Cops**
3.55 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Trucking Hell**
9.15 **Traffic Cops**
10.15 **Police Interceptors**
12.15 PM **FILM Red Mountain** Western with Alan Ladd. (1951, PG, 84min) ★★
2.10 **FILM Day of Anger** Western adventure. (1967, 15, 95min) ★★
4.00 **The Motorway**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** PC Andy Doran makes his way to the scene of a collision on the A6.
9.00 **Mud Mountain Haulers**
10.00 **Outback Truckers** Sharon risks crocodile-infested water in a race to feed starving cattle.
11.00 **Banged Up Abroad**
12.00 M'T **World's Deadliest Weather: Caught on Camera** Earthquakes.
1.00 AM **Ice Road Truckers**
2.05 **to 4.00** AM **Trucking Hell**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary series.
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
7.00 **My Kitchen Rules: South Africa**
8.00 **Pete Wicks: For Dogs' Sake** Pete meets Keira, a dog on the brink of starvation, and gentle old Jack Russell Paige.
9.00 **Louis Theroux: Law & Disorder in Philadelphia** The journalist joins police patrols on the beat.
10.20 **Louis Theroux: Talking to Anorexia**
11.20 **Nurses on the Ward**
12.25 AM **Inside the Ambulance**
12.55 **Louis Theroux: Life on the Edge**
1.55 **to 3.00** AM **Hungry for It**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.20 AM **The Bill**
8.15 **Doctors**
9.25 **Classic Holby City**
10.30 **Classic Casualty**
11.35 **The Bill**
12.35 PM **Classic EastEnders**
1.55 **All Creatures Great and Small** James operates on a pedigree bull.
2.55 **Howards' Way**
4.00 **Bergerac**
5.00 **One Foot in the Grave**
6.00 **To the Manor Born**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Kingdom** 3/6. (S1)
9.00 **Harry Wild** *Too Many Harrys Spoil the Murder:* 2/6. A chef's girlfriend is brutally murdered. (S3)
10.00 **New Tricks** *Wild Justice:* An investigation leaves Sasha facing a dilemma.
11.15 **Waking the Dead**
12.30 AM **Hotel Portofino**
1.40 **One Foot in the Grave**
2.25 **To the Manor Born**
2.55 **to 4.00** AM **Harry Wild**

+1hr 243 316 60 260

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys**
8.00 **Bangers & Cash**
10.00 **Rise of the Nazis: The Manhunt**
11.00 **Secret Nazi Bases**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **Rise of the Nazis: The Manhunt**
5.00 **Secret Nazi Bases**
6.00 **Antiques Roadshow**
7.00 **Great Canal Journeys**
8.00 **Bangers & Cash** Dave is drawn to a Fiat Uno 45 in a '1970s beige' with 36,000 miles on the clock.
9.00 **Flipping Bangers** Gus and Will set out to buy a Honda-based Rover 800 coupe.
10.00 **Bangers & Cash**
1.00 AM **Abandoned Engineering**
2.00 **to 3.00** AM **Rise of the Nazis: The Manhunt**

+1 hour 255 329

THURSDAY Entertainment

Thursday

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** In Broadstairs.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **The Yorkshire Auction House**
4.00 **Long Lost Family**
5.00 **A Place in the Sun**
6.00 **Salvage Hunters** A startling discovery at a 13th-century house in the Lake District. **7.00** Drew and Tee go on a trip through the Scottish Lowlands.
8.00 **Antiques Road Trip**
9.00 **Ghost Adventures** New edition Zak and the crew visit a historic Los Angeles mansion.
10.00 **Help! My House Is Haunted** Four editions.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Great! TV

157 167 170 34 32

8.00 AM **Born and Bred** (S4)
9.10 **Highway to Heaven**
10.10 **Little House on the Prairie** 19&20/26. (S5)
1.00 PM **The Waltons** (S2)
3.00 **Born and Bred** (S4)
4.10 **Down to Earth** (S5)
5.20 **Doctor Finlay** 2/7. (S3)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** 14/25. Hot Lips' boyfriend turns up. **8.00** 15/25. A baby is left at the 4077th. **8.30** 16/25. Hawkeye goes on the wagon. (S8)
9.00 **FILM The Belles of St Trinian's** Comedy starring Alastair Sim and George Cole. (1954, b/w, U, 87min) ★★★★
11.00 **Born and Bred** (S4)
12.00 M'T **Down to Earth** (S5)
1.10 AM **Rumpole of the Bailey** 3/6. (S2)
2.20 **Home to Roost** (S1)
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.00 AM **Tombstone Territory**
10.00 **FILM The Quick and the Dead** War drama. (1963, 92min) ★★
12.00 NOON **The High Chaparral** 19/26. (S2)
1.00 PM **FILM The Tall T** Western with Randolph Scott. (1957, PG) ★★
2.50 **Wanted: Dead or Alive**
3.30 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!**
7.00 **The Avengers**
8.00 **The New Avengers**
9.00 **FILM Hitman** Thriller. (2007, 15, 100min) ★★★
11.00 **FILM Trigger Point** Espionage thriller. (2021, 12, 85min) ★★
12.50 AM **The Avengers**
1.50 **The New Avengers**
2.50 **FILM Disaster Zone: Volcano in New York** Sci-fi disaster movie. (2006, 12, 90min) ★★
4.20 **to 6.00** AM **Cops Uncut**

+1 hour 324

Great! Mystery

321 318 425 50 48

7.00 AM **Police Ten 7**
7.25 **FILM The Good Sister** Thriller. (2014, PG) ★★
9.10 **Murder, She Wrote**
10.10 **Unforgettable** (S3)
11.10 **Castle** 21/24. (S5)
12.10 PM **FILM An Emma Fielding Mystery: Past Malice** (2018, PG) ★★
2.05 **FILM Chronicle Mysteries** (2021) ★★
4.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 22/24. (S5)
8.00 **Unforgettable** (S3)
9.00 **FILM An Emma Fielding Mystery: More Bitter Than Death** (2019) ★★
10.55 **FILM Second Chances** Drama. (2014, PG) ★★
12.50 AM **FILM Cheer Squad Secrets** (2021) ★★
2.35 **FILM Witness Unprotected** (2018) ★★
4.00 **FILM Perfect Plan**
5.25 **to 6.00** AM **Police Ten 7**

+1 hour 322

Great! Romance

319 317 424 52 47

8.10 AM **FILM Love Takes Flight** (2019, PG) ★★
10.20 **FILM Home for Harvest** Drama. (2019, PG) ★★
12.15 PM **FILM Love at Lookout Lake** Comedy. (2025, U, 89min) ★★
2.10 **FILM Love on Retreat** Drama. (2023, PG) ★★
4.05 **FILM Aloha With Love** Romantic comedy. (2022, PG, 90min) ★★
6.00 **FILM Love Finds You in Valentine** Drama. (2016, PG, 87min) ★★
8.00 **FILM PREMIERE Love in Bloom** Comedy. (2022, U, 87min) ★★
9.55 **FILM Right in Front of Me** Romantic comedy. (2021, PG, 84min) ★★
11.50 **FILM Blueprint to the Heart** Romantic drama. (2020, PG, 90min) ★★
1.50 AM **Highway to Heaven**
2.40 **FILM Love on Retreat**
4.10 **to 5.00** AM **Highway to Heaven**

+1 hour 320

Rewind TV

182 81 141

6.00 AM **Highlights**
8.30 **Thick as Thieves**
9.00 **Bubblegum & Cheese**
10.00 **The Top Secret Life of Edgar Briggs**
10.30 **Shine on Harvey Moon**
11.30 **The Fenn Street Gang**
12.00 NOON **The Lovers** (S1)
12.30 PM **The Dustbinmen**
1.00 **Lady Killers**
2.00 **Boon** 10/13. (S2)
3.00 **Shine on Harvey Moon**
4.00 **Walking Westward**
4.30 **Old Country**
5.00 **Bubblegum & Cheese**
6.00 **The Top Secret Life of Edgar Briggs**
6.30 **The Fenn Street Gang**
7.00 **The Lovers** 1/6. (S1)
7.30 **The Dustbinmen** (S1)
8.00 **Boon** 10/13. (S2)
9.00 **Lady Killers**
10.00 **The Kenny Everett Naughty Joke Box**
11.35 **Stereo Underground**
12.35 AM **70s vs 80s Hits**
1.35 **Primitive London**
3.20 **to 6.00** AM **Highlights**

DMAX

158 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **The Snake Catcher**
10.00 **Deadliest Catch**
12.00 NOON **Curse of the Frozen Gold**
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Captain Sig must make a tough decision, while the *Time Bandit* has a close call. **8.00** The fishermen continue to hunt for crab in the Bering Sea.
9.00 **Expedition X**
10.00 **Expedition Bigfoot** The team uncover evidence that Bigfoot is breeding in Northern California.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 258 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Tom Kerridge Secrets of the Pub Kitchen** Double bill.
7.00 **The Hairy Bikers' Comfort Food**
8.00 **The Pioneer Woman**
9.00 **Jamie's Meat-Free Meals** Double bill.
10.00 **Barefoot Contessa**
11.00 **The Great British Bake Off** Double bill.
1.00 PM **James Martin's Great British Adventure**
3.00 **The Hairy Bikers' Comfort Food**
4.00 **The Pioneer Woman**
5.00 **Jamie's Meat-Free Meals** Double bill.
6.00 **Barefoot Contessa**
7.00 **The Great British Bake Off** Double bill.
9.00 **James Martin's American Adventure**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food: Best Of**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 16/27. (S4)
9.00 **The A-Team** 19/25. (S3)
10.00 **Charlie's Angels** (S5)
11.00 **FILM Asteroid-a-geddon** Adventure. (2020, PG, 90min) ★★
1.00 PM **FILM Monte Walsh** Western with Tom Selleck. (2002, PG, 95min) ★★
3.15 **FILM Against a Crooked Sky** Family Western. (1976, PG, 85min) ★★
5.00 **Star Trek** 29/30. (S1)
6.00 **Charlie's Angels** (S5)
7.00 **The A-Team** 20/25. (S3)
8.00 **Walker, Texas Ranger**
9.00 **FILM The Hitcher** Road movie thriller. (1986, 18, 97min) ★★★★
11.00 **FILM Drive** Stylish film-noir thriller starring Ryan Gosling. (2011, 18, 100min) ★★★★★
1.00 AM **FILM Hamburger Hill** War drama. (1987, 18, 108min) ★★★★
3.10 **to 5.00** AM **FILM Alive** Horror. (2019, 15) ★★

Legend Xtra

317 316 171 69 138 51

9.00 AM **Frank Herbert's Children of Dune**
11.00 **The Lost World** (S1)
12.00 NOON **FILM Escape from Mars** Sci-fi drama. (1999, PG, 86min) ★★
2.00 PM **FILM Frankenstein Created Woman** Horror. (1966, 15, 95min) ★★★
4.00 **Walker, Texas Ranger**
5.00 **FILM 40 Days and Nights** Disaster thriller. (2012, 15, 86min) ★
7.00 **The Lost World** (S1)
8.00 **The Fall Guy** 12/23. (S1)
9.00 **FILM Escape from New York** Action adventure with Kurt Russell. (1981, 15, 99min) ★★★★
11.00 **FILM We Still Steal the Old Way** Prison drama. (2017, 18, 90min) ★
1.00 AM **FILM Escape from New York** As 9.00pm.
3.00 **FILM 40 Days and Nights** As 5.00pm.
5.00 **to 6.00** AM **The Lost World**

+1 hour 318 371 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.35 **Storage Hunters**
8.30 **Storage Wars: Texas**
9.20 **Hardcore Pawn**
10.15 **Auction Hunters**
11.10 **Deep Water Salvage**
12.10 PM **Salvage Kings**
1.05 **Pawn Stars**
2.05 **Storage Wars: Texas**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
5.00 **Close Encounters**
6.00 **Pawn Stars**
7.00 **Storage Wars: Texas**
8.00 **Dickinson's Real Deal**
9.00 **Ancient Aliens: Origins**
10.55 **Alien Corridors**
11.50 **Curse of Skinwalker Ranch** Documentary.
12.45 AM **Alien Files: Unsealed**
1.10 **Close Encounters**
2.00 **Ancient Aliens**
3.00 **Deep Water Salvage**
3.45 **Salvage Kings**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.05 AM **The Yorkshire Vet**
10.05 **Killer Crocs with Steve Backshall**
11.05 **Ben Fogle: New Lives in the Wild** Bulgaria.
12.05 PM **The Pacific War in Colour** Documentary.
1.00 **Murder, She Wrote**
3.00 **Columbo**
5.00 **Sea of Secrets: Drain the Oceans**
6.00 **Britain's Greatest Bridges** Britannia Bridge.
7.00 **Buried Secrets of WWII**
8.00 **Ben Fogle: New Lives in the Wild** Australia.
9.00 **Charles: The Comeback King**
10.30 **Meghan & Harry: Where Did the Money Go?** A look at the finances of the Duke and Duchess of Sussex.
12.00 M'T **Wentworth Prison**
1.00 AM **Autopsy**
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase** Quiz.
9.00 **Tenable All Stars Christmas Special**
10.00 **Tenable** Game show.
11.00 **The Chase Celebrity Special** With guests Jay Rayner, Lucy Porter, Krishnan Guru-Murthy and Steve Davis.
12.00 NOON **The Chase**
2.00 PM **Bridge of Lies**
3.00 **Who Wants to Be a Millionaire? Celebrity Special** Quiz show.
4.00 **The Chase** Quiz show hosted by Bradley Walsh.
5.00 **The Bidding Room** An antique tombola machine.
6.00 **Tenable** Five old schoolmates take part. **7.00** A family of five from Cardiff compete.
8.00 **The Chase** Double bill.
10.00 **Tenable** Game show.
11.00 **Bullseye** Double bill.
12.00 M'T **Who Wants to Be a Millionaire?** Quiz show.
1.00 AM **The Chase** Quiz.
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Mike & Molly**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Mike & Molly**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory**
9.00 **90 Day Fiancé UK** New editions Shorna promises Adnand the ride of his life, while Zena plots to confront Ebrima about his social media, and Phin meets Sandra's kids in an awkward encounter. **10.00** Andy's friends worry he's been catfished, luxury-lover Shannon is dismayed by Mete's motorhome mini-break, and Phin can't cope with Sandra's huge family.
11.00 **The Bad Skin Clinic**
1.00 AM **Dr Pimple Popper**
2.00 **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Michael McIntyre's Big Show** Variety show.
9.00 **Impractical Jokers**
10.00 **Spin City** (S5)
11.00 **Everybody Loves Raymond** 13-16/24. (S6)
1.00 PM **Friends** (S3&4)
7.30 **Friends** 5/24. Chandler falls for Joey's girlfriend. **8.00** 6/24. Chandler gets to know Cathy. **8.30** 7/24. Phoebe appreciates Ross's keyboard talents. (S4)
9.00 **FILM The Waterboy** Sports comedy starring Adam Sandler. (1998, 12, 90min) ★★
10.45 **Jimmy Carr's Am I the A**hole?**
11.45 **Whose Line Is It Anyway? USA**
12.45 AM **South Park** (S5)
3.10 **The Bonnaroo Experience** Stand-up.
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S5)
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** (S6)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.30 **Takeshi's Castle**
4.00 **Most Ridiculous**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** (S5)
7.00 **Everybody Loves Raymond** 13-16/24. (S6)
9.00 **Bradley & Barney Walsh: Breaking Dad**
10.00 **Friends** 5-10/25. (S3)
1.00 AM **The Ricky Gervais Show** Double bill.
2.00 **Whose Line Is It Anyway? USA**
3.00 **Reno 911!** (S2)
3.45 **Important Things**
4.30 **Spin City** (S5)
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
10.15 **Bread** 10/11. (S7)
10.50 **Steptoe and Son** (S6)
11.25 **You Rang, M'Lord?**
12.25 PM **Rising Damp** (S3)
1.00 **Man About the House**
1.30 **Goodnight Sweetheart**
2.05 **When the Boat Comes In** 1/13. (S2)
3.10 **Minder** 3/13. (S2)
4.15 **Citizen Smith** (S2)
4.50 **Man About the House**
5.20 **Some Mothers Do 'Ave 'Em** 1/6. (S3)
6.00 **That's 60s**
6.15 **Steptoe and Son** (S3)
6.45 **Rising Damp** (S2)
7.20 **Whatever Happened to the Likely Lads?** (S2)
7.55 **Minder** 12/13. (S2)
9.00 **Benidorm** 4/9. (S9)
9.55 **Shameless** 11/14. (S11)
10.55 **Just Good Friends** (S3)
11.40 **Rising Damp** (S3)
12.15 AM **Benidorm** 4/9. (S9)
1.10 **Shameless** 11/14. (S11)
2.10 **Kenny Everett Show**
2.40 **to 6.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **Teen Mom 2**
8.00 **Catfish: Fiendish Friends** Reality series.
9.00 **Catfish: The TV Show**
4.00 PM **Dallas Cowboys Cheerleaders**
6.00 **Sweet Home Alabama**
7.00 **Teen Mom UK: Next Generation**
8.00 **Spray Tan Mums: Single and Proud**
9.00 **Dating Naked**
10.00 **Celebrity Ex on the Beach** Reality series.
11.00 **Caught in the Act: Unfaithful**
12.00 M'T **Geordie Shore**
2.00 AM **Teen Mom: The Next Chapter**
2.45 **Ridiculousness** New editions Rob, Steelo and Skye Townsend get even with some 'dumb joke justice.' **3.10** Rob, Steelo and Skye hit the dance floor.
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Documentaries

22 January **Thursday**

Discovery

125/126 138 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Junkyard Empire**
9.00 **Gold Rush** Double bill.
11.00 **Diesel Brothers**
1.00 PM **Deadliest Catch**
3.00 **How Do They Do It?** Forging the world's sharpest knives. **3.30** The process of turning root vegetables into sugar. **4.00** Weaving the world's most fashionable lace. **4.30** Mining for platinum.
5.00 **Alaska: Homestead Rescue** A self-sufficient family are left with nothing after a hurricane.

10.00 **In the Eye of the Storm**

7.00 **Wheeler Dealers** Mike Brewer buys his newest ever car to create a Scooby BRZ STI, but hopes of a profit are hit.
8.00 **Wheeler Dealers** Mike Brewer is seduced by a Land Rover Discovery Mk1 with low mileage, but with no MOT.
9.00 **Marooned with Ed Stafford** Ed must navigate razor-sharp rocks among the karst spires of Guangxi China.
10.00 **In the Eye of the Storm** New edition In December 2021, an out of season long-track tornado travels across western Kentucky.
11.00 **Expedition Unknown** Josh scales a mountain to learn how a Kush king conquered Egypt.
12.00 M'T **Deadliest Catch**
1.00 AM **Marooned with Ed Stafford** As 9.00pm.
2.00 **In the Eye of the Storm**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Bad Dog!** Documentary.
10.00 **Tanked** An aquarium.
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A cat that lives inside a kitchen cabinet. **4.00** A woman whose cat will not tolerate strangers.
5.00 **Lone Star Law** Some out-of-state hunters trespass.
6.00 **Dr Jeff: Rocky Mountain Vet** The doctor treats a dog that jumped from a fast-moving car.

6.00 **Dr Jeff: Rocky Mountain...**

7.00 **Treehouse Masters** Treehouse visionary Alain Laurens joins Pete on his travels through France.
8.00 **Richard E Grant's Seven Deadly Sins** Exploring the evolutionary roots of sloth, and investigating the role it plays in nature.
9.00 **Alaska: The Last Frontier** The family come together to finish Grady's Perl Island cabin build under threat of a typhoon.
10.00 **Alaskan Bush People: Bushcraft Chronicles** The Browns recall some of their most ingenious water designs.
11.00 **The Haunted** A woman's son talks to a boy who drowned.
12.00 M'T **Crikey! It's the Irwins** The family make a trip to the Steve Irwin Wildlife Reserve.
1.00 AM **Preposterous Pets**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Phoenix**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Britain's Greatest Machines with Chris Barrie**
9.00 **Air Crash Investigation**
10.00 **Seconds from Disaster**
11.00 **WW2: Hell Under the Sea**
12.00 NOON **World War II: Secrets from Above**
1.00 PM **Air Crash Investigation**
3.00 **Killing Hitler** Documentary.
4.00 **WW2's Biggest Wrecks: Drain the Oceans**
5.00 **Ice Road Rescue** A car has crashed into a field.
6.00 **Nazi Megastructures** Hitler's mountain retreat in the Alps.

8.00 **Toronto Airport Uncovered**

7.00 **Air Crash Investigation** The air force investigation into a US military jet that crashed in Croatia in 1996 with Ron Brown on board.
8.00 **Toronto Airport Uncovered** New edition Spring break puts increased pressure on the airport infrastructure.
9.00 **Gallipoli's Deep Secrets** Dr Robert Ballard dives beneath the surface of Turkish waters to find ships and submarines.
10.00 **Top Guns: The Next Generation** The students start the dogfighting phase of training to learn how to attack in battle.
11.00 **Air Crash Investigation**
12.00 M'T **Alaska: The Next Generation** New edition
1.00 AM **To Catch a Smuggler**
2.30 **Money Meltdown**
3.20 **Food Factory** Double bill.
4.10 **When Sharks Attack**
4.35 **to 5.00** AM **When Sharks Attack and Why**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Storage Wars**
7.50 **Pawn Stars Do America**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **Mysteries from Above**
1.00 PM **Ice Road Truckers**
2.00 **Mountain Men** Documentary.
3.00 **Storage Hunters** Six editions of the series, including at: **5.00** An airport auction. **5.30** Brandon and Lori sweat it out in Desert Hot Springs.
6.00 **American Pickers** The Wolfe Brothers explore a massive, fortress-like warehouse.

8.00 **A Ship Through Time**

7.00 **Forged in Fire** Two smiths are tasked to recreate one of the most used and dangerous medieval weapons – the Falchion.
8.00 **A Ship Through Time: Secrets of the Newport Ship** 1/2. The secrets of a shipwrecked 15th-century trading galleon.
9.00 **Ice Road Truckers** New edition Following the work of drivers who haul supplies over frozen terrain in North America.
10.00 **Mountain Men** New edition The lives of men living off the land in some of America's most inhospitable mountains.
11.00 **The UnXplained with William Shatner** Monsters and beasts that cannot be explained by science. **12.00** M'T An exploration of some sacred rituals.
12.55 AM **American Pickers**
1.50 **Ice Road Truckers**
2.50 **Pawn Stars Do America**
3.40 **Pawn Stars** Vintage t-shirts.
4.25 **to 6.00** AM **Secrets in the Ice**

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The 2000s**
7.00 **Discovering: Harrison Ford**
8.00 **The Directors**
9.00 **The Movies** As 6.00pm.
10.00 **History of the Sitcom**
12.00 NOON **I Am Paul Walker**
1.50 PM **My Icon** Shaun Gayle.
2.00 **Lancaster** The story of the legendary bomber synonymous with the Dambusters.
4.00 **Discovering: Harrison Ford**
5.00 **The Directors** The life and work of Richard Linklater.
6.00 **The Movies** Films from the 1990s, including *Goodfellas*.

9.00 **The Mortician**

7.00 **History of the Sitcom** A look at what sitcoms offer an escape from, revealing the state of the American mind.
8.00 **History of the Sitcom** How many shows helped Americans come to grips with their place in a classless society.
9.00 **The Mortician** 1/3. A look at the story of Los Angeles' most infamous family-run mortuary.
10.10 **The Mortician** 2/3. While a fire does little to deter him, abuse allegations finally lead to David Sconce's arrest.
11.15 **The Mortician** 3/3. Members of the Lamb family are convicted of various crimes.
12.15 AM **Paul Simon: In Restless Dreams** 1&2/2. Documentary exploring the 60-year career of the singer-songwriter.
4.30 **Chernobyl: My Promised Land** Documentary.
5.00 **to 6.00** AM **Discovering: Harrison Ford**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried: Classic Cars**
3.00 **Find It, Fix It, Flog It**
4.00 **The Yorkshire Auction House** Double bill.
6.00 **Antiques Road Trip**
8.00 **Shed and Buried**
9.00 **Outback Opal Hunters** New edition The Mooka Boys beg for scraps in an old mine.
10.00 **Treasure Hunters Down Under** New edition Michael and Max have a close encounter.
11.00 **Australian Open Tennis**
12.00 M'T **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Shed and Buried: Classic Cars**
4.00 **to 5.00** AM **How It's Made**

+1 hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

6.00 AM **Animal Cops Phoenix** Documentary.
7.00 **Helicopter ER**
9.00 **Cops UK: Bodycam Squad** Double bill.
11.00 **Faking It: Tears of a Crime** True-crime.
12.00 NOON **Forbidden: Dying for Love**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** Laci Peterson.
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **Evil Lives Here** New edition
10.00 **Your Worst Nightmare**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Megan Sharpton.
3.00 **to 4.00** AM **FBI Files**

+1 hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Secrets of a Murder Detective** Detectives discuss the murder of Mohammed Yousaf.
8.00 **48 Hours** New edition The investigation into the death of Sarah Harris raises questions.
9.00 **Body in the Water** A drought at a French lake reveals a sunken car holding the body of a UK expat who went missing two years before.
10.00 **When Death Comes Knocking** New edition A homicide investigation where crucial evidence was caught on a Ring-style doorbell.
11.00 **Bloodline Detectives**
1.00 AM **48 Hours**
2.00 **Bodyin the Water**
3.00 **When Death Comes Knocking** As 10.00pm.
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives**
11.00 **48 Hours**
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Bloodline Detectives**
4.00 **48 Hours** For four decades, the murder of Cathy Krauseneck remained unsolved.
5.00 **Medical Detectives** The case of a lawyer who was battered to death. **5.30** Two women are found murdered and police think a serial killer is on the loose. **6.00** A woman is found dead on a golf course and the grass helps detectives find the killer. **6.30** When a missing horse rider's body was found, investigators used microscopic evidence.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Motorway Patrol**
7.00 **The Force: Manchester**
8.00 **Stop, Search, Seize**
9.00 **Border Security USA**
10.00 **World's Most Evil Killers**
11.00 **Murdered at First Sight**
12.00 NOON **Catching the...**
1.00 PM **Killer in My Village**
2.00 **Murders That Shocked the Nation**
3.00 **How I Caught the Killer**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **How I Caught the Killer**
10.00 **Killer in My Village**
11.00 **Britain's Most Evil Killers**
12.00 M'T **Catching the Killer**
1.00 AM **World's Most Evil...**
2.00 **Murdered at First Sight**
3.00 **Love You to Death**
4.00 **Brit Cops: Law & Disorder** Documentary.
5.00 **to 6.00** AM **Stop, Search, Seize**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of...**
8.35 **The World After Stonehenge**
9.40 **WWII in Colour: Road to Victory**
10.50 **Pocahontas: Beyond the Myth**
11.55 **Trump's Comeback**
1.00 PM **Grand Tours of...**
1.40 **The World After Stonehenge**
2.50 **WWII in Colour: Road to Victory**
3.55 **Pocahontas: Beyond the Myth**
5.00 **Trump's Comeback**
6.15 **The World After Stonehenge**
7.20 **WWII in Colour: Road to Victory**
8.35 **Pocahontas: Beyond the Myth** The life of the Native American princess.
9.40 **Trump's Comeback**
10.50 **WWII in Colour: Road to Victory**
12.00 M'T **Pocahontas...**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

THURSDAY

Thursday

Sky Nature

145 113/114 189 354 369

6.00 AM **Secrets of the Enchanted Forests** Documentary.
7.00 **Monkey Life**
8.00 **Africa's Hunters**
9.00 **Hope for Wildlife**
10.00 **Animals Like Us**
11.00 **Pride Rules**
12.00 NOON **The Wild Wild East**
1.00 PM **Monkey Life**
2.00 **Africa's Hunters**
3.00 **Hope for Wildlife**
4.00 **Animals Like Us**
5.00 **Wild Workers**
6.00 **The Wild Wild East**
7.00 **Monkey Life**
8.00 **Into the Wild: Colombia**
9.00 **Becoming Elephant: The Orphans of Reteti**
10.00 **The Wild Wild East**
11.00 **Wild Workers**
12.00 M'T **Pride Rules**
1.00 AM **Secrets of the Enchanted Forests** Documentary.
2.00 **Into the Wild: Colombia**
3.00 **Becoming Elephant: The Orphans of Reteti**
4.00 **Africa's Hunters**
5.00 **to 6.00** AM **Hope for Wildlife**

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Accident, Suicide or Murder?**
12.00 NOON **Green Eyed Killers**
1.00 PM **#Textmewhenyougethome**
2.00 **Secrets of Polygamy**
3.00 **Murdertown**
4.00 **Killer Britain with Dermot Murnaghan** Michael Sams
5.00 **Crimes That Shook Britain**
6.00 **The First 48**
7.00 **Cold Case Files**
8.00 **#Textmewhenyougethome**
9.00 **The First 48**
10.00 **Homicide Squad: New Orleans** New edition Detectives investigate a case of homicide and abduction.
11.00 **Homicide Hunter**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Real Murders of Atlanta**
2.00 **Homicide Squad: New Orleans**
3.00 **Crimes That Shook Britain**
4.00 **Murdertown**
5.00 **to 6.00** AM **Robbie Coltrane's Critical Evidence**

+1 hour 256 333

U&Eden

166 134/162 176 57 160 142

9.00 AM **Inside the Ambulance**
1.00 PM **Inside the Ambulance**
7.00 **Inside the Ambulance** Paramedics come to the aid of a woman who has taken an overdose of paracetamol. **8.00** The team come to the aid of a student with a life-threatening condition, and also help a suicidal patient with violent tendencies. **9.00** West Midlands paramedics come to the aid of a student with a dislocated knee, and a child who has ingested a dangerous liquid. **10.00** West Midlands paramedics tend to a schoolboy who has suffered a seizure. **11.00** A woman needs urgent medical help after suffering a seizure in the shower. **12.00** M'T Paramedics come to the aid of a patient who has fallen over following an operation to remove his toes.
1.00 AM **Inside the Ambulance**
5.30 **to 6.00** AM **My Kind of Town**

+1 hour 266 376

Sky History 2

163/168 143 186

6.00 AM **Mystery Places**
7.00 **Secrets in the Sand**
8.00 **What on Earth?**
9.00 **How to Lose a War**
10.00 **Iconic Combat Machines**
11.00 **Ancient Aliens**
1.00 PM **Craig Charles: UFO Conspiracies** As 8.00pm.
2.00 **Britain's Most Historic Towns**
3.00 **Digging Up Britain's Past**
4.00 **Mystery Places**
5.00 **Secrets in the Sand**
6.00 **What on Earth?**
7.00 **UFO Encounters UK**
8.00 **Craig Charles: UFO Conspiracies** UFO encounters 'covered up' by the Pentagon. **9.00** **Encounter: UFO** The areas around the world that seem to keep attracting UFOs. **10.00** Witnesses who have been left touched by the unknown.
11.00 **Ancient Aliens**
1.00 AM **Craig Charles: UFO Conspiracies** As 8.00pm.
2.00 **Britain's Most Historic Towns**
3.00 **Digging Up Britain's Past**
4.00 **Full Custom Garage**
5.00 **to 6.00** AM **Empire Builders**

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Europe's New Wild**
10.00 **Africa's Hunters**
11.00 **Animal Fight Club**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **The Hummingbird Effect**
3.00 **Shark Men**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo: North Carolina** Keepers hope for a long-awaited sand cat kitten. **8.00** **Wild Hunters** A look at the methods spiders and scorpions use to catch their prey. **9.00** A look at the hunting prowess of birds of prey. **10.00** **Life Below Zero: First Alaskans** How Alaskans are turning to the values of the past.
11.00 **Ice Road Rescue**
12.00 M'T **Exotic Animal ER**
1.00 AM **Monster Fish**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Monster Fish**

ID

154 140 166

8.00 AM **Breaking Homicide**
9.00 **Murder Comes to Town**
11.00 **Disappeared**
12.00 NOON **Murder in the Heartland** The mysterious death of a young grocery clerk.
1.00 PM **Murder Comes to Town**
3.00 **Disappeared**
4.00 **Murder in the Heartland**
5.00 **Still a Mystery**
7.00 **American Monster**
9.00 **American Detective with Lt Joe Kenda** A hard-working young mother goes missing on the streets of Washington, DC.
10.00 **The Real Murders on Elm Street** When a husband finds his wife and two children brutally murdered, police quickly suspect the killer is someone they've arrested before.
11.00 **How (Not) to Get Rid of a Body** Charred and decomposed human remains are found in the Poconos.
12.00 M'T **Murder Comes to Town**
2.00 AM **Still a Mystery**
4.00 **to 6.00** AM **American Monster**

+1 hour 254 366

Discovery Science

167 148 179

8.00 AM **NASA's Unexplained Files**
11.00 **Codes and Conspiracies**
1.00 PM **Blowing Up History**
3.00 **NASA's Unexplained Files**
6.00 **How Do They Do It?**
9.00 **How It's Made** A look at how promotional origami and hedge shears are made. **9.30** The making of moccasins and electronic-impact drills. **10.00** A look at how bowling balls, barber poles, felt and radar guns are made. **10.30**. How Asian noodles and rotary engines are made.
11.00 **How It's Made: Dream Cars** The crew visit the birthplace of the Morgan 3-Wheeler. **11.30** The inner workings of the Ginetta and Team LNT. **12.00** M'T The team visit the birthplace of the Lucra LC470. **12.30** AM The crew reveal the inner workings of the Chevrolet Corvette Stingray.
1.00 **NASA's Unexplained Files**
4.00 **to 6.00** AM **Blowing Up History**

+1 hr 267 379

Discovery History

174 147 181

7.00 AM **Concorde: The Final Flight**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** The dangers of colliding galaxies, exploding stars and nebula shockwaves.
1.00 PM **NASA's Unexplained Files**
2.00 **Hunting Atlantis**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Concorde: The Final Flight** The story of the supersonic plane's last flight from New York to London in October 2003.
9.00 **Unexplained and Unexplored**
10.00 **How Do They Do It?**
11.00 **World's Greatest Motorcycle Rides** A ride to Cape Town.
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **NASA's Unexplained Files**
4.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

Discovery Turbo

161/172 146 180

7.00 AM **Junkyard Empire**
8.00 **Motor Pickers**
9.00 **Shorty's Dream Shop**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Richard Hammond's Workshop** As 1.00am.
1.00 PM **Shed and Buried: Classic Cars** A VW Beetle Beach Buggy.
2.00 **Salvage Hunters: Classic Cars**
3.00 **Shorty's Dream Shop**
4.00 **Roadworthy Rescues**
5.00 **Motor Pickers**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Roadworthy Rescues** Derek finds a 1937 Chevrolet Deluxe.
9.00 **Mud Madness**
10.00 **Shorty's Dream Shop**
11.00 **Salvage Hunters: Classic Cars**
12.00 M'T **Roadworthy Rescues**
1.00 AM **Richard Hammond's Workshop** Richard must quickly come up with a plan to raise emergency funds.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.30 AM **Borderline** Dark comedy thriller. (2025, 15, 94min) ★★★
8.10 **Safe House** Thriller with Holt McCallany. (2025, 15, 90min)
9.45 **Cookster: The Darkest Days** Drama. (2024, 15, 119min)
11.50 **Beast of War** Horror thriller. (2025, 15, 87min) ★★★★
1.25 PM **The Ballad of Wallis Island**
3.10 **Nuremberg** As 9.45pm.
5.40 **Sinners** Horror thriller starring Michael B Jordan. (2025, 15, 132min) ★★★★

9.45 Nuremberg

8.00 The Ballad of Wallis Island Offbeat comedy written by and starring Tim Key and Tom Basden, with Carey Mulligan and Sian Clifford. (2025, 12, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 Nuremberg Thriller starring Russell Crowe and Rami Malek. A US Army psychiatrist is sent to assess high-ranking Nazi prisoners to decide if they are fit for trial. (2025, 15, 148min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **The Phoenician Scheme** Wes Anderson's comedy. (2025, 15, 101min) ★★★
2.00 **PREMIERE The Toxic Avenger** Horror comedy starring Peter Dinklage. (2025, 18, 102min) ★★★ *See review, page 23.*
3.50 **All the Devils Are Here** Thriller. (2025, 15, 87min) ★★★★
5.25 **to 7.30** AM **Cookster: The Darkest Days** As 9.45am.

Sky Cinema Brit Hits

303 303 403 503 517

6.35 AM **The Radleys** As 2.05am.
8.35 **Dead Shot** As 12.20am.
10.15 **Barbarians** As 4.05am.
12.00 NOON **Timestalker** Fantasy. (2024, 15, 89min) ★★★★
1.45 PM **Absolution** Thriller. (2024, 15, 112min) ★★★
3.45 **28 Days Later...** Horror. (2002, 18, 113min) ★★★★
5.45 **Sherlock Holmes** Action adventure starring Robert Downey Jr and Jude Law. (2009, 12, 128min) ★★★★

5.45 Sherlock Holmes

8.00 Sherlock Holmes: A Game of Shadows Guy Ritchie's adventure sequel starring Robert Downey Jr and Jude Law. Sherlock Holmes and Dr Watson strive to thwart Professor Moriarty, the evil genius behind a wave of assassinations and bombings across Europe. (2011, 12, 128min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 28 Years Later Danny Boyle's horror thriller sequel starring Jodie Comer, Aaron Taylor-Johnson, Ralph Fiennes and Rocco Haynes. (2025, 15, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Dead Shot** Action thriller. (2023, 15, 92min) ★★★
2.05 **The Radleys** Horror comedy. (2024, 15, 115min) ★★★
4.05 **Barbarians** Horror thriller. (2021, 15, 89min) ★★★
5.45 **to 7.35** AM **Kill** Thriller. (2023, 15, 94min) ★★★

Sky Cinema Drama

310 310 410 510 524

7.30 AM **El Dorado** Classic Western. (1966, PG, 126min) ★★★★
9.40 **L'immensità** Italian drama. Subtitled. (2022, 12, 99min) ★★
11.25 **A Star Is Born** Drama. (2018, 15, 136min) ★★★★★
1.45 PM **Parachute** Comedy drama. (2023, 15, 108min) ★★★★
3.35 **Breakfast at Tiffany's** Romantic comedy with Audrey Hepburn. (1961, PG, 106min) ★★★★★
5.35 **Molly's Game** Fact-based drama starring Jessica Chastain. (2017, 15, 137min) ★★★★
8.00 **Jackie** Biopic starring Natalie Portman as Jacqueline Kennedy. (2016, 15, 100min) ★★★★
9.50 **Darkest Hour** Period drama starring Gary Oldman, Lily James and Kristin Scott Thomas. British prime minister Winston Churchill seeks to rally the nation against Germany's advance across Western Europe. (2017, PG, 122min) ★★★
12.05 AM **The Brutalist** Brady Corbet's epic drama starring Adrien Brody, Felicity Jones, Guy Pearce and Joe Alwyn. (2024, 18, 215min) ★★★★★
3.30 **Sky Cinema Preview**
4.10 **to 6.15** AM **Breakfast at Tiffany's** As shown at 3.35pm.

Sky Cinema Sci-fi/Horror

311 311 411 511 525

7.35 AM **Gator Creek** As 3.30am.
9.15 **Arrival** Sci-fi drama starring Amy Adams and Jeremy Renner. (2016, 12, 116min) ★★★★★
11.20 **Passengers** Sci-fi drama. (2016, 12, 116min) ★★★
1.20 PM **Gravity** Space thriller. (2013, 12, 91min) ★★★★★
3.00 **A.I. Artificial Intelligence** Steven Spielberg's sci-fi fantasy. (2001, 12, 145min) ★★★★
5.35 **Van Helsing** Fantasy adventure. (2004, 12, 132min) ★★★
8.00 **Opus** Dark comedy thriller starring Ayo Edebiri and John Malkovich. A writer travels to the remote compound of a pop star, where she discovers the twisted plans of his cult. (2025, 15, 104min) ★★★★
10.00 **MaXXXine** Thriller starring Mia Goth, Lily Collins and Kevin Bacon. (2024, 18, 110min) ★★★
12.00 M'T **Jules** Sci-fi comedy drama. (2023, 12, 87min) ★★★
1.45 AM **From Dusk Till Dawn 2: Texas Blood Money** Horror sequel. (1999, 18, 88min) ★★
3.30 **Gator Creek** Horror thriller. (2025, 15, 87min) ★
5.10 **to 6.40** AM **Friendship's Death** Sci-fi drama starring Tilda Swinton. (1987, 15, 78min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

7.35 AM **Yogi Bear** As 9.45pm.
9.05 **MouseHunt** Slapstick comedy. (1997, PG, 98min) ★★★★
10.50 **The Smurfs** (2011, U) ★★
12.40 PM **The Smurfs 2** Adventure sequel. (2013, U, 104min) ★★
2.30 **Peter Pan** Family adventure. (2003, PG, 113min) ★★★★
4.30 **Cats & Dogs: The Revenge of Kitty Galore** Fantasy comedy sequel. (2010, U, 82min) ★★
6.00 **Grow** Comedy with Nick Frost. (2025, PG, 107min) ★★★★

6.00 Grow

8.00 **Matilda** Roald Dahl's dark children's fantasy starring Danny DeVito and Mara Wilson. The bright young daughter of selfish parents discovers she has magical gifts. (1996, PG, 98min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

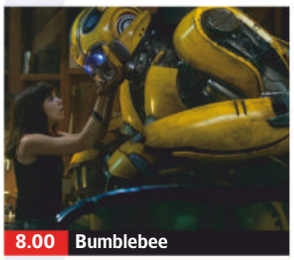
9.45 **Yogi Bear** Comedy mixing live-action and computer-animation, featuring the voices of Dan Aykroyd and Justin Timberlake. Yogi Bear and his trusty sidekick Boo Boo must save Jellystone Park from being sold to loggers. (2010, U, 81min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **Grow** As shown at 6.00pm.
1.05 AM **Robin and the Hoods** Comedy with Naomie Harris. (2024, PG, 101min) ★★
2.50 **Spy Kids** Action comedy. (2001, U, 88min) ★★★★
4.25 **to 6.00** AM **Twist** Comedy. (2021, 12, 90min) ★★★★

Sky Cinema Action

307 307 407 507 521

7.00 AM **Kraven the Hunter** (2024)
9.15 **Black Hawk Down** War drama. (2001, 15, 144min) ★★★
11.45 **Rumble in the Bronx** Action comedy. (1996, 15) ★★★
1.20 PM **Kong: Skull Island** Action adventure with Tom Hiddleston. (2017, 12, 118min) ★★★★
3.20 **2012** Epic disaster movie. (2009, 12, 158min) ★★★
6.00 **Terminator Salvation** Sci-fi action thriller sequel. (2009, 12, 110min) ★★★



8.00 Bumblebee

8.00 **Bumblebee** *Transformers* prequel starring Hailee Steinfeld, John Cena and Jorge Lendeborg Jr. In 1987, a lonely teenager discovers and revives the battle-scarred Autobot Bumblebee in a junkyard. (2018, PG, 114min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Godzilla x Kong: The New Empire** Fantasy adventure starring Rebecca Hall. Two ancient monsters clash in an epic battle against an undiscovered threat hidden within the Earth. (2023, 12, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Shazam!** Comedy adventure with Zachary Levi. (2019, 12, 132min) ★★★★
2.40 **Fight or Flight** Action thriller. (2025, 15, 98min) ★★★
4.40 **to 7.00** AM **Kraven the Hunter** Fantasy adventure. (2024, 15, 127min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.25 AM **Jackass Presents: Bad Grandpa .5** (2014, 15) ★★
8.55 **Ferris Bueller's Day Off** Teen comedy. (1986, 12) ★★★★
10.45 **Sixteen Candles** Teen comedy. (1984, 12, 89min) ★★★
12.25 PM **School of Rock** Comedy. (2003, PG, 109min) ★★★★
2.15 **Mamma Mia!** Musical. (2008, PG, 108min) ★★★★
4.05 **Mamma Mia! Here We Go Again** (2018, PG) ★★★★
6.00 **Yesterday** (2019, 12) ★★★

6.00 Yesterday

8.00 **You've Got Mail** Romantic comedy starring Tom Hanks and Meg Ryan as two bookshop owners who hate one another in real life but are e-mail lovers in cyberspace. With Parker Posey. (1998, PG, 114min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Two Weeks Notice** Romantic comedy with Sandra Bullock and Hugh Grant. A liberal lawyer goes to work for a billionaire property tycoon. (2002, 12, 101min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **The Book of Clarence** Biblical comedy. (2023, 15) ★★★
1.55 AM **The Golden Child** Fantasy. (1986, PG, 93min) ★★
3.30 **Wayne's World** Comedy. (1992, PG, 95min) ★★★★
5.10 **Sky Cinema Preview**
5.55 **to 7.35** AM **Wayne's World 2** Comedy sequel starring Mike Myers. (1993, PG, 95min) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **The Stranger in My Home** Thriller. (2025, 15, 91min) ★★
7.40 **The Line** (2023, 15) ★★★
9.25 **The Bikeriders** As 3.10am.
11.25 **The Godfather Part III** Final chapter of the gangster epic. (1990, 15, 162min) ★★★★
2.20 PM **The Accountant** Thriller. (2016, 15, 123min) ★★★
4.35 **Black Bag** Espionage thriller. (2024, 15, 94min) ★★★★
6.15 **Eye in the Sky** Thriller. (2015, 15, 112min) ★★★★

10.00 Sleepers

8.00 **Speak No Evil** Horror starring James McAvoy and Aisling Franciosi. A dream holiday turns into a nightmare when an American family stay at a British couple's idyllic estate. With Mackenzie Davis and Scoot McNairy. (2024, 15, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Sleepers** Fact-based drama with Kevin Bacon, Robert De Niro, Brad Pitt and Minnie Driver. Years after being abused by guards at a reform school, four former teenage friends take their revenge. (1996, 18, 146min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Pulp Fiction** Quentin Tarantino's comedy thriller. (1994, 18, 154min) ★★★★★
3.10 **The Bikeriders** Crime drama. (2023, 15, 116min) ★★★★
5.10 **to 6.00** AM **Sky Cinema Preview**

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **River of No Return** Western. (1954, PG) ★★★
12.50 PM **The Sheriff of Fractured Jaw** Comedy Western. (1958, U, 103min) ★★★
2.55 **The Desert Fox** Biopic. (1951, b/w, PG, 88min) ★★★
4.40 **Tobruk** War adventure. (1967, PG, 110min) ★★★
6.50 **Flight of the Phoenix** Action adventure with Dennis Quaid. (2004, 12, 113min) ★★★

11.05 The Last of the Mohicans

Flight of the Phoenix (film started at 6.50pm) **8 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **The Great Wall** Fantasy adventure starring Matt Damon. A mercenary is pulled into a battle between Chinese warriors and giant, lizard-like monsters. With Jing Tian, Pedro Pascal, Willem Dafoe and Andy Lau. (2016, 12, 103min) ★★★ **9 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **The Last of the Mohicans** Epic adventure starring Daniel Day-Lewis. In 1757, during the Anglo-French war in America, a frontiersman tries to rescue two kidnapped women. (1992, 15, 122min) ★★★★ **10 PM**
1.15 **to 3.55** AM **John Wick: Chapter 3 – Parabellum** Action thriller sequel. (2019, 15, 130min) ★★★★ **11 PM**

+1 hour 314 430 47 301 257

Sky Cinema Feel Good

302 302 402 502 516

7.05 AM **IF** As shown at 4.10pm.
9.05 **Stuart Little** As 8.00pm.
10.45 **Galaxy Quest** Sci-fi comedy. (1999, PG, 102min) ★★★★
12.35 PM **Kung Fu Panda 4** Animated sequel. (2023, PG, 94min) ★★★
2.15 **Happy Feet** As 1.05am.
4.10 **IF** Fantasy with Ryan Reynolds. (2024, U, 104min) ★★★
6.00 **Instant Family** Comedy. (2018, 12, 118min) ★★★★

8.00 **Stuart Little** Fantasy adventure featuring the voice of Michael J Fox. A New York family adopt a talking mouse as a brother for their nine-year-old son – to the horror of their pampered cat. (1999, U, 84min) ★★★★★
9.40 **Stuart Little 2** Fantasy adventure sequel with the voice of Michael J Fox. Romance enters the life of talking mouse Stuart Little when he rescues an injured bird from a predatory falcon. (2002, U, 78min) ★★★★

11.15 **A Dog's Purpose** Comedy drama starring Dennis Quaid. (2017, PG, 100min) ★★★
1.05 AM **Happy Feet** Animation. (2006, U, 108min) ★★★★
3.05 **Singin' in the Rain** Musical. (1952, U, 102min) ★★★★★
4.55 **to 6.25** AM **Stuart Little 2**

Sky Cinema Greats

304 304 404 504 518

7.40 AM **Mr Nice Guy** Action comedy. (1996, 15, 88min) ★★★
9.10 **Last Action Hero** Action fantasy. (1993, 15, 130min) ★★★
11.25 **Raiders of the Lost Ark** Steven Spielberg's action adventure. (1981, PG, 115min) ★★★★★
1.25 PM **Indiana Jones and the Temple of Doom** Steven Spielberg's action adventure. (1984, PG, 118min) ★★★

3.25 **Indiana Jones and the Last Crusade** Action adventure. (1989, PG, 127min) ★★★★★
5.35 **The Day of the Jackal** Thriller. (1973, 15, 142min) ★★★★★
8.00 **The Godfather** Francis Ford Coppola's classic gangster saga starring Marlon Brando, Al Pacino, James Caan, Robert Duvall and Diane Keaton. (1971, 15, 167min) ★★★★★
11.00 **The Godfather Part II** Francis Ford Coppola's gangster sequel. (1974, 18, 200min) ★★★★★

2.20 AM **The Godfather Part III** Concluding chapter of Francis Ford Coppola's gangster epic. (1990, 15, 162min) ★★★★
5.10 **Sky Cinema Preview**
5.40 **to 8.10** AM **The Lawnmower Man** Thriller with Pierce Brosnan. (1992, 15, 105min) ★★★

Sky Cinema Animation

305 305 412 500 514

7.30 AM **The Amazing Maurice** Animated family adventure. (2022, PG, 93min) ★★★★
9.10 **The Angry Birds Movie 2** Animated comedy sequel. (2019, U, 93min) ★★★
10.55 **Turbo** Animated comedy. (2013, U, 92min) ★★★★
12.35 PM **The Wild Robot** (2024)
2.25 **Dog Man** Animated comedy. (2025, U, 89min) ★★★★

4.00 **Bee Movie** Animated comedy. (2007, U, 91min) ★★★
5.45 **Madagascar: Escape 2 Africa** Animated comedy sequel. (2008, PG, 89min) ★★★
7.30 **The Boss Baby** Animated comedy with the voice of Alec Baldwin. (2017, U, 97min) ★★★
9.20 **The Wild Robot** Animation with the voice of Lupita Nyong'o. (2024, U, 102min) ★★★★
11.15 **The Ogglies** Animated family adventure with the voice of Ben Young. (2021, PG, 85min) ★★★

12.55 AM **Cloudy with a Chance of Meatballs** Animated comedy. (2009, U, 90min) ★★★★
2.40 **Cloudy with a Chance of Meatballs 2** Animated comedy sequel. (2013, U, 93min) ★★★
4.25 **to 6.05** AM **Madagascar: Escape 2 Africa** As 5.45pm.

Movies 24

312 313 419

7.00 AM **Mystery Island: House Rules** Crime drama. (2024, PG, 84min) ★★
9.00 **Mystery Island: Play for Keeps** Drama. (2025, PG, 90min) ★★
11.00 **A Fabled Holiday** Romantic fantasy. (2022, PG, 90min) ★★
1.00 PM **Love on Retreat** Romantic drama. (2023, PG, 85min) ★★
3.00 **A Priceless Love** Romantic drama. (2022, PG, 85min) ★★

5.00 **Our Take on Love** Romantic drama. (2022, PG, 87min) ★★
7.00 **The Attraction Test** Romantic comedy starring Tara Wilson. (2022, PG, 85min) ★★
9.00 **Wish Upon a Wedding** Drama with Kabby Borders. A romantic sets the date for her wedding despite being single. As she tries to find a fiancé, she is unaware true love may be under her nose. (2023, PG, 85min) ★★
11.00 **The Wedding Contest** Comedy. (2023, PG, 88min) ★★

1.00 AM **My Argentine Heart** Romantic comedy drama. (2025, PG, 84min) ★★
3.00 **to 5.00** AM **A Nashville Legacy** Romantic comedy. (2023, PG, 85min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Black Saddle** 18/20. (S1)
6.30 **Love from a Stranger** Thriller. (1936, PG, 90min) ★★★
8.15 **Subway in the Sky** Thriller. (1958, b/w, PG, 85min) ★★
10.00 **The Lady Craved Excitement** Comedy thriller with Hy Hazell. (1950, b/w, U, 73min) ★★
11.20 **Orders Are Orders** Comedy. (1954, b/w, U, 78min) ★★★
12.55 PM **Cinebox Memories**

1.00 **The Spider and the Fly** Thriller. (1949, b/w, PG, 95min) ★★★
3.00 **Crown Court** Triple bill.
4.30 **A UK Road Trip in 1959**
4.50 **The Hasty Heart** Wartime drama starring Richard Todd. (1949, b/w, U, 107min) ★★★★★
6.55 **The Brothers** 4/10. (S1)
8.00 **Mark Saber** 17/39. (S4)
8.30 **A Hole Lot of Trouble**
9.05 **The Wheeltappers and Shunters Social Club**
9.55 **Framed** Lynda La Plante's thriller starring Timothy Dalton.

12.10 AM **Hot Money** Feature-length drama starring Caroline Quentin.
2.15 **Crown Court** Triple bill.
3.45 **Sky Liner** Espionage thriller starring Richard Travis. (1949, b/w, 12, 70min) ★★★
4.55 **Cinebox Memories**
5.00 **to 6.00** AM **Burke's Law**

THURSDAY Sport 22 January

Thursday

Sky Sports Main Event

401 401 511 501 419 439

- 6.00 AM LIVE **DP World Tour Golf** Coverage of the opening day of the Hero Dubai Desert Classic staged at Emirates Golf Club.
- 1.30 PM **Lunchtime Live**
- 2.00 **Sports Desk**
- 3.30 LIVE **SA20** Coverage of the Eliminator play-off match, as the third- and fourth-placed teams face each other for a place in the Qualifier Two play-off.
- 7.00 **The Transfer Show**
- 7.30 LIVE **EFL** **Lincoln City v Burton Albion.** The League One match staged at LNER Stadium. Kick-off **8.00pm**.
- 10.30 LIVE **PGA Tour Golf** Coverage of day one of the American Express from the Pete Dye Stadium Course at La Quinta, California. Austria's Sepp Straka claimed his third tour win here in 2025, finishing two strokes clear of America's Justin Thomas.
- 12.00 M'T **Sky Sports News**
- 4.00 **to 6.00** AM LIVE **DP World Tour Golf** Coverage of the featured groups on day two of the Hero Dubai Desert Classic staged at Emirates Golf Club.

Sky Sports Premier League

402 402 512 502 420 440

- 6.00 AM **PL Greatest Games**
- 7.00 **Premier League Legends**
- 8.00 **Premier League 100 Club**
- 9.00 **Good Morning Transfers**
- 10.00 **Sky Sports FC**
- 12.00 NOON **Transfer Talk**
- 1.00 PM **Premier League Years**
- 3.00 **PL Retro** Leicester City v West Ham United from 2016.
- 5.00 **The Premier League Show**
- 7.00 **The Transfer Show** Analysis of the latest transfer news.
- 8.00 **The Big Interview** An interview featuring a Premier League star of the past or present.
- 8.30 **Premier League Stories** An in-depth profile of Brighton manager Fabian Hurzeler.
- 9.00 **Premier League Review** A look back at the weekend's action in the top-flight, featuring all of the goals, news and major talking points from around the top flight.
- 10.00 **The Big Interview**
- 10.30 **Match Officials Mic'd Up**
- 11.00 **Premier League Years** A look back at the 2012/13 season.
- 1.00 AM **PL Retro** Another chance to see Bolton Wanderers v Chelsea.
- 3.00 **PL Greatest Games**
- 4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

- 6.00 AM **EFL Cup Retro**
- 8.45 **EFL Greatest Games**
- 9.30 **Championship Season Review**
- 11.00 **Best Goals: EFL Cup 24/25**
- 11.30 **EFL Trophy Football**
- 12.00 NOON **EFL Highlights**
- 2.30 PM **EFL League One Goals**
- 3.00 **EFL League Two Goals**
- 3.30 **Bundesliga Highlights Show**
- 4.30 **EFL Highlights** Championship.
- 6.00 **EFL Highlights** Action from Southampton v Sheffield United. **6.15** Watford v Portsmouth.
- 6.30 **Bundesliga Weekly**
- 7.00 **EFL League One Goals**
- 7.30 LIVE **EFL** **Lincoln City v Burton Albion.** Coverage of the League One match staged at LNER Stadium. The teams have also met twice at Pirelli Stadium this season, with Lincoln claiming 1-0 away wins in both the EFL Cup and the league. Kick-off **8.00pm**.
- 10.30 **EFL League One Goals**
- 11.00 **EFL League Two Goals**
- 11.30 **EFL Greatest Games**
- 12.00 M'T **Celtic's Invincibles**
- 1.00 AM **SPFL Best Goals 09/10**
- 1.30 **to 6.00** AM **SPFL Greatest Games**

Sky Sports Cricket

405 405 514 504 422 442

- 6.00 AM **Big Bash League**
- 7.00 **Best of ICC WT20**
- 7.15 LIVE **ICC Under-19s World Cup Cricket** **South Africa v West Indies.** Coverage of the Group D match staged at High Performance Oval. South Africa lost out to eventual champions Australia when hosting the competition two years ago, while the Windies narrowly missed out at the Super Six stage.
- 3.00 PM **Best of Jimmy Anderson: 500th Wicket** From 2017.
- 3.10 **Best of Sky Cricket**
- 3.20 LIVE **SA20** Coverage of the Eliminator play-off match, as the third- and fourth-placed teams face each other for a place in the Qualifier Two play-off.
- 7.00 **Best of England v South Africa**
- 7.15 **Best of ICC WT20**
- 8.00 **WPL** Gujarat Giants v UP Warriorz.
- 9.00 **SA20** Tournament highlights.
- 12.00 M'T **WPL** Recent action.
- 1.00 AM **SA20** Recent highlights.
- 2.00 **Big Bash League**
- 5.20 **Best of Jimmy Anderson: 500th Wicket** From 2017.
- 5.30 **Best of England v South Africa**
- 5.45 **to 6.00** AM **Best of ICC WT20**

Sky Sports Golf

406 406 515 505 423 443

- 6.00 AM LIVE **DP World Tour Golf** Coverage of the featured groups on day one of the Hero Dubai Desert Classic from Emirates Golf Club in the United Arab Emirates.
- 7.30 LIVE **DP World Tour Golf** Further coverage of day one of the Hero Dubai Desert Classic.
- 1.30 PM **TGL** Jupiter Links v Los Angeles staged at SoFi Center.
- 3.30 **DP World Tour Golf**
- 4.30 LIVE **PGA Tour Golf** Coverage of the opening day's play of the American Express from the Pete Dye Stadium Course at La Quinta. Austria's Sepp Straka claimed his third tour win here in 2025, finishing two strokes clear of America's Justin Thomas and he went on to add another title to his resume when he prevailed in May's Truist Championship.
- 12.00 M'T **DP World Tour Golf**
- 1.00 AM **PGA Tour FedEx Cup Play-Offs Official Film 2025**
- 2.00 **PGA Tour Golf** Highlights.
- 4.00 **to 6.00** AM LIVE **DP World Tour Golf** Coverage of the featured groups on day two of the Hero Dubai Desert Classic.

TNT Sports 1

410 413 521 408 430

- 6.00 AM LIVE **Australian Open** Coverage of day five of the opening Grand Slam event of the year, featuring second-round matches from Melbourne Park.
- 8.30 LIVE **One-Day International Cricket** Sri Lanka v England. Coverage of the first match of the three-game series, held at R. Premadasa Stadium in Colombo.
- 5.00 PM LIVE **UEFA Europa League** **Fenerbahce v Aston Villa.** Coverage of the league phase fixture held at Sükrü Saracoglu Stadium. Kick-off **5.45pm**.
- 7.45 LIVE **UEFA Europa League** **SC Braga v Nottingham Forest.** Coverage of the matchday seven fixture held at Estadio Municipal de Braga. Kick-off **8.00pm**.
- 10.30 **UEFA Europa & Conference League Highlights**
- 11.15 **Fight Week** UFC 324 preview.
- 12.00 M'T **Tom Aspinall's Fight Lab**
- 12.30 AM LIVE **Australian Open** Coverage of day six of the opening Grand Slam event of the year.
- 4.45 **to 8.15** AM LIVE **T20 Super Smash** **Canterbury Kings v Wellington Firebirds.** From Hagley Oval.

TNT Sports 2

411 414 522 409 431

- 6.00 AM **UEFA Champions League Highlights Show**
- 7.00 **UEFA Europa League & Conference League Magazine**
- 7.30 **Premier League Netbusters**
- 8.00 **Premier League Stories**
- 8.30 **Serie A – Full Impact**
- 9.00 **International T20 Cricket Highlights** Recent highlights.
- 10.00 **UEFA Champions League**
- 2.30 PM **Premier League Stories**
- 3.00 **Ultimate Pool** Recent action.
- 4.30 **Premier League: Big Interview**
- 5.00 LIVE **UEFA Europa League** **Bologna v Celtic.** The league phase match staged at Stadio Renato Dall'Ara. Kick-off **5.45pm**.
- 7.45 LIVE **UEFA Europa League** **Rangers v Ludogorets.** The league phase match staged at Ibrox Stadium. Kick-off **8.00pm**.
- 10.30 **One-Day International Cricket** Sri Lanka v England held at R. Premadasa Stadium in Colombo.
- 11.30 **International T20 Cricket Highlights** India v New Zealand.
- 12.30 AM **UEFA Europa League**
- 3.30 **UEFA Champions League Highlights Show**
- 5.30 **to 6.00** AM **Serie A – Full Impact**

Sky Sports NFL

412 410 517 507 426 446

- 6.00 AM **NFL Highlights**
- 1.00 PM **Good Morning Football**
- 3.00 **NFL Bitesize Highlights** Brief highlights of the first Divisional play-off match. **3.15** Action from the fourth Divisional play-off match. **3.30** Highlights from the third Divisional play-off match. **3.30** Action from the second Divisional play-off match.
- 4.00 **NFL Highlights** Pittsburgh Steelers v Houston Texans. **5.00** Action from the second Divisional play-off match.
- 6.00 **NBC's Pro-Football Talk** Mike Florio and Chris Simms present this NFL talk show.
- 8.00 **NFL Gameday** A review of the latest games from the NFL season.
- 8.45 **NFL Bitesize Highlights** Brief highlights of the fourth Divisional play-off match.
- 9.00 **NFL Highlights** Action from the first Divisional play-off match. **10.00** Highlights from the third Divisional play-off match. **11.00** Action from Pittsburgh Steelers v Houston Texans.
- 12.00 M'T **The Insiders** The latest news covering all 32 NFL teams.
- 1.00 **to 6.00** AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

- 6.00 AM **Sky Sports News**
- 7.00 **Sky Sports Breakfast**
- 9.00 **Good Morning Transfers**
- 10.00 **Sky Sports FC**
- 12.00 NOON **Transfer Talk**
- 1.00 PM **Lunchtime Live**
- 1.50 LIVE **WPL** **Gujarat Giants v Up Warriorz.** Coverage of the women's T20 match staged at Baroda Cricket Association Stadium. The Giants defeated the Warriorz home and away last year en route to a third-place finish, and the Warriorz will be looking to improve this time around after ending the 2025 season at the bottom of the table.
- 5.30 **The Premier League Show** A daily guide to the top flight.
- 7.00 **The Transfer Show** Analysis of the latest transfer news.
- 8.00 **Sports Centre** A round-up of the latest sports news.
- 10.00 **Sky Sports News**
- 10.30 **Back Pages Tonight**
- 11.00 **Sky Sports News**
- 1.00 AM **WTA Tennis** The Charleston Open final staged at Family Circle Tennis Centre in Charleston. **2.00** The Rouen Open final.
- 3.00 **to 6.00** AM **WTA Tennis**

Sky Sports Tennis

408 408 537 520 425 445

- 6.00 AM **ATP/WTA Tour Classics**
- 8.00 **ATP Tennis** Hong Kong Open.
- 9.00 **WTA Tennis** The Hobart Open.
- 10.00 **Best of the US Open 2025**
- 12.00 NOON **Djokovic Top 10**
- 2.00 PM **ATP Tennis** Hong Kong Open.
- 3.00 **WTA Tennis** Hobart Open final.
- 4.00 **Murray's Moments**
- 6.00 **Djokovic Top 10**
- 8.00 **ATP Tennis** Hong Kong Open.
- 9.00 **WTA Tennis** Hobart Open final.
- 10.00 **ATP/WTA Tour Classic Matches**
- 12.00 M'T **US Open Classic Matches**
- 2.00 AM **WTA & ATP Tennis**
- 4.00 **to 6.00** AM **Murray's Moments**

Sky Sports Mix

416 412 510 429 449

- 6.00 AM **EFL Greatest Games**
- 6.15 **SA20** The Qualifier One play-off.
- 7.15 LIVE **ICC Under-19s World Cup Cricket** **South Africa v West Indies.** Coverage of the Group D match staged at High Performance Oval in Windhoek, Namibia. South Africa lost out to eventual champions Australia when hosting the competition two years ago.
- 3.00 PM **NFL Bitesize Highlights**
- 3.30 **Best of England v South Africa**
- 3.45 **Best of ICC WT20**
- 4.00 **SA20** Recent highlights.
- 5.00 **PL Retro** Archive action.
- 7.00 **WTA & ATP Tennis** Highlights from the Adelaide Open finals.
- 9.00 **SA20** The Qualifier One play-off.
- 10.00 **NFL Highlights** Philadelphia Eagles v San Francisco 49ers.
- 11.00 **NRL** Melbourne Storm v Brisbane Broncos in the Grand Final.
- 12.00 M'T **PL Greatest Games**
- 1.00 AM **World Darts Championship**
- 3.00 **EFL Greatest Games**
- 4.00 **to 6.00** AM **PDC Classics**

Sky Sports F1

407 407 516 506 424 444

- 6.00 AM **The Best of F1 2025**
- 8.00 **Formula 2** Austrian Grand Prix.
- 11.00 **The F1 Show** Race preview.
- 12.00 NOON **Formula 1** Highlights.
- 2.20 PM **Ted's Notebook**
- 2.50 **F1 Explained: Formation Lap**
- 3.00 **Formula 1** Austrian Grand Prix.
- 7.40 **Ted's Notebook**
- 8.10 **Ferrari Monza 1975**
- 8.15 **Toleman Story**
- 9.00 **Formula 1** Season highlights.
- 12.00 M'T **to 6.00** AM **The Best of F1**

TNT Sports 3

413 415 523 410 432

- 6.00 AM LIVE **Australian Open** Coverage of day five of the first Grand Slam event of the year.
- 1.30 PM **TNT Sports Reload**
- 2.00 **International T20 Cricket**
- 3.00 **UEFA Champions League Highlights Show**
- 4.00 **UEFA Europa League & Conference League Magazine**
- 4.30 **Premier League Features**
- 5.45 LIVE **UEFA Europa League** **PAOK v Real Betis.** Coverage of the league phase match from Toumba Stadium. Kick-off **5.45pm**.
- 7.45 **TNT Sports Reload**
- 8.00 LIVE **UEFA Europa League** **AS Roma v VfB Stuttgart.** The league phase match staged at Stadio Olimpico. Kick-off **8.00pm**.
- 10.00 **Australian Open** The fifth day.
- 11.30 **AO Originals** Tennis insight.
- 12.30 **to 6.00** AM LIVE **Australian Open** Coverage of the sixth day of the opening Grand Slam event staged at Melbourne Park.

TNT Sports 4

414 416 524 411 434

- 6.00 AM LIVE **Australian Open** Coverage of day five of the first Grand Slam event of the season.
- 1.00 PM **Premier League Review**
- 2.00 **Serie A – Full Impact**
- 2.30 **The WRC Magazine**
- 3.00 LIVE **World Rally Championship** Special stage one of the Rallye Monte Carlo.
- 4.30 **Fishing: On the Bank**
- 5.30 LIVE **World Rally Championship** Special stage two of the Rallye Monte Carlo.
- 6.30 **International T20 Cricket**
- 7.30 **Serie A – Full Impact**
- 8.00 LIVE **UEFA Europa League** **Celta Vigo v Lille.** The league phase match at Estadio Abanca-Balaídos. Kick-off **8.00pm**.
- 10.00 **Isuzu UTE A-League Highlights**
- 10.30 **Ultimate Pool** Recent action.
- 12.00 M'T **Serie A – Full Impact**
- 12.30 **to 6.00** AM LIVE **Australian Open** Coverage of day six of the opening Grand Slam event.

Premier Sports 1

419 551

- 6.00 AM **Sporting Greats**
- 7.00 **NHL Ice Hockey**
- 10.00 **Champions Cup**
- 12.00 NOON **Scottish Football Social Club** The latest news and results.
- 1.00 PM **LaLiga Match Highlights**
- 1.30 **Sporting Countdowns**
- 2.00 **NHL Ice Hockey**
- 3.00 **Eredivisie Highlights**
- 4.00 **Swedish Hockey League**
- 5.55 LIVE **Swedish Hockey League** **Frolunda v Skelleftea.** From Scandinavium. Face-off **6.00pm**.
- 8.30 **NHL: This is Hockey**
- 9.00 **LaLiga Match Highlights**
- 9.30 **World of FreeSports**
- 10.00 **Champions Cup**
- 12.00 M'T **Sporting Greats**
- 12.30 AM **NHL Ice Hockey**
- 2.30 LIVE **NHL Ice Hockey** **Minnesota Wild v Detroit Red Wings.** Coverage of the inter-conference match from Grand Casino Arena. Face-off **2.30am**.
- 5.30 **to 6.00** AM **NHL: This is Hockey**

Premier Sports 2

420 552

- 6.00 AM **Eredivisie** A match replay.
- 8.00 **NHL Ice Hockey**
- 10.00 **Football's Greatest**
- 10.30 **Challenge Cup** Another chance to see Exeter Chiefs v Cardiff.
- 12.30 PM **FastZone** Motorsports.
- 1.00 **LaLiga** Osasuna v Oviedo.
- 3.00 **Champions Cup**
- 5.00 **Temples of Sport**
- 5.30 **Eredivisie** A chance to see Feyenoord v Sparta Rotterdam.
- 7.30 **LaLiga** Another chance to see Celta Vigo v Rayo Vallecano.
- 9.30 **FastZone** Highlights show.
- 10.00 **NHL Ice Hockey** Toronto Maple Leafs v Detroit Red Wings.
- 12.00 M'T **NHL Tonight**
- 1.00 AM LIVE **NHL Ice Hockey** **Nashville Predators v Ottawa Senators.** Coverage of the inter-conference match at Bridgestone Arena. Face-off **1.00am**.
- 4.00 **Temples of Sport**
- 4.30 **Bike World** The latest news.
- 5.00 **to 6.00** AM **NHL Tonight**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Friday

23 January

Evening Planner

Factual

Amanda & Alan's Greek Job

BBC1, 7.30pm (times vary)

The best friends' renovation project in Corfu continues to challenge them, with redoing the kitchen next on the agenda.

Entertainment

The Traitors

BBC1, 8.30pm

Claudia Winkleman presides over the finale, with an undetermined number of Traitors and Faithfuls in the endgame.

Chat Show

The Graham Norton Show

BBC1, 11.10pm (times vary)

Ant and Dec chat to the host about the latest series of *Limitless Win*, while rapper Tinie Tempah performs in the studio.

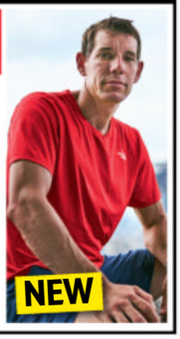
OnDemand

NETFLIX

Skyscraper Live

From 1am

Free Solo climber Alex Honnold sets out to scale the 1,667 foot-high Taipei 101 office building in Taiwan.



SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 Amanda &...	8.00 Would I Lie to...	8.30 The Traitors		9.45 The Traitors: Uncloaked		10.30 News
	102 BBC2	7.00 Winterwatch		8.00 Monty Don's Rhineland Gardens		9.00 Mystery Road: Origin		10.00 QI	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 It'll Be... †	8.00 Emmerdale	8.30 Coronation...	9.00 Beat the Chasers		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 David Baddiel: Cat Man		9.00 8 Out of 10 Cats Does Countdown		10.00 Taskmasterclass	
	105 5	7.00 Heat Pumps: Are They Really Worth It?		8.00 Jane McDonald: From Pole to Pole		9.00 The 70s: Everything We Loved & Lost			10.30 Katie Price...
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 A League of Their Own: Mexican...		9.00 Never Mind the Buzzcocks		10.00 Rob & Romesh vs Team GB: Winter...	
ENTERTAINMENT	115 BBC3		7.05 SpongeBob...	7.30 Waterloo Road			9.30 Our Girl		
	116 BBC4	7.00 TOTP: 1999		8.00 TOTP: 1981	8.30 TOTP: 1992	9.00 TOTP: 1976		10.20 Carole King and...	
	118 ITV2	7.00 Deal or No Deal		8.00 The Real Housewives of Orange County		9.00 Love Island: All Stars		10.05 Olivia Attwood: Getting Filthy Rich	
	136 MORE4	‹ 6.55 Car S.O.S.		7.55 The Dog House		9.00 Astrid: Murder in Paris		10.00 24 Hours in A&E	
	135 E4	7.00 The Simpsons		8.00 Britain's Most Expensive Houses		9.00 Gogglebox: Celebrity Special for SU2C		10.00 Film: Salt	
	107 SKY WITNESS	7.00 Police 24/7		8.00 Law & Order: Criminal Intent				10.00 Matlock	
	108 SKY ATLANTIC	‹ 6.50 Game of Thrones				9.00 Film: The Trip			
	110 U&GOLD		7.20 Dad's Army	8.00 Fawlty Towers			9.25 The Thin Blue Line	10.00 Men Behaving...	10.35 Fawlty...
	111 U&DAVE	7.00 QI		7.40 Richard Osman's House of Games		9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Doc Martin				10.00 Foyle's War	
	120 ITV4	7.00 American Pickers		8.00 Ice Road Truckers				10.00 Wrestling: AEW Dynamite	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Bradley & Barney Walsh: Breaking Dad		10.00 Out of Order	
	152 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Grimm			
	113 SKY MAX		7.10 Stargate SG-1		8.15 Never Mind the Buzzcocks	9.00 An Idiot Abroad		10.00 Rob & Romesh vs Team GB: Winter...	
	109 U&ALIBI	7.00 Miss Fisher's Murder Mysteries		8.00 Death in Paradise				10.00 I, Jack Wright	
	124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Guy Garvey: From the Vaults		9.00 Jeff Beck Live at Ronnie Scott's			
	132 U&W	7.00 My Kitchen Rules: South Africa		8.00 Inside the Ambulance		9.00 999 Rescue Squad			
DOCUMENTARY	125 DISCOVERY	7.00 Gold Rush				9.00 Expedition Files		10.00 Expedition Unknown	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Intruders		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People: Bushcraft...	
	129 NAT GEO	7.00 Air Crash Investigation						10.00 Superstorm New York: What Really...	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 History's Greatest Aircraft		9.00 The Sound and the Fury			
	155 U&YESTERDAY	7.00 Great Canal Journeys		8.00 'Allo 'Allo!				10.10 Bangers & Cash	
	121 SKY DOCS	7.00 Spitfire				9.00 I'm Chevy Chase and You're Not			
FILMS – Sky Cinema	301 PREMIERE	‹ 6.30 Nuremberg				9.00 The Toxic Avenger			
	302 FEEL GOOD	‹ 6.05 The Wild Robot		8.00 Babe			9.40 Peter Rabbit		
	303 BRIT HITS	‹ 6.00 The King's Speech		8.00 Darkest Hour				10.10 Dunkirk	
	304 GREATS	‹ 6.00 Blade Runner		8.00 Men in Black			9.40 The Shining		
	305 ANIMATION	‹ 5.45 Cloudy with a...	7.35 Transformers One				9.30 The Pirates! In an Adventure with Scientists		
	306 FAMILY	‹ 6.00 Pokemon: Detective Pikachu	7.50 Grow				9.45 Zathura – A Space Adventure		
	307 ACTION	‹ 6.05 Clash of the Titans		8.00 Shazam!				10.20 Birds Of Prey And...	
	308 COMEDY	‹ 6.25 The Accidental Husband		8.00 Bridget Jones: Mad About the Boy				10.05 Mamma Mia!	
	309 THRILLER	‹ 6.00 RocknRolla		8.00 Juror #2				10.00 Fatal Attraction	
	310 DRAMA	‹ 6.00 Dallas Buyers Club		8.00 Valentine's Day				10.15 P.S. I Love You	
	311 SCI-FI	‹ 5.30 Ready Player One		8.00 Sinners					10.25 Until Dawn
	313 FILM4	‹ 6.45 Jumanji: Welcome to the Jungle				9.00 The G			
SPORT	401 MAIN EVENT	7.00 Transfer Show	7.30 EFL – Live: Derby County v West Bromwich Albion (Kick-off 8.00)						10.30 Golf – Live
	402 PREMIER LEAGUE	‹ 6.30 Football: WSL – Live: Everton v Brighton & Hove Albion (Kick-off 7.00)					9.30 PL Preview	10.00 Fantasy Show	10.30 PL Stories
	403 FOOTBALL	7.00 EFL Highlights	7.30 EFL – Live: Derby County v West Bromwich Albion (Kick-off 8.00)						10.30 Best Moments...
	405 CRICKET	7.00 Big Bash League		8.00 SA20				10.00 ICC Men's T20 World Cup	
	410 TNT SPORTS 1	7.00 The Gallagher PREM – Live: Gloucester v Bath (Kick-off 7.45)						10.00 The Breakdown	10.30 One Day Cricket
	411 TNT SPORTS 2	7.00 Inside Serie A	7.30 Serie A – Live: Inter Milan v Pisa (Kick-off 7.45)					10.00 PL Preview	10.30 Fantasy Show

‹ Denotes programmes starting before 7.00pm † Regions vary

FRIDAY

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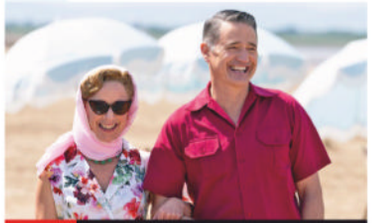
Friday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Rip Off Britain: Holidays** Series finale A major hotel fire. (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Father Brown** New episode *The Palace by the Sea:* 3/10. Sullivan's beloved Aunty Pat is arrested for murder. (S13) (S)(AD)
2.45 **Escape to the Country** (S)(R)(AD)
3.45 **Garden Rescue** (S)(R)
4.30 **The Travelling Auctioneers** Series finale Helping a woman to clear her parents' home. (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)


2.00 Father Brown

7 PM

7.00 **The One Show** Clara Amfo and Alex Jones present the topical show. (S)
7.30 **Amanda & Alan's Greek Job** New edition 4/8. Amanda Holden and Alan Carr tackle the kitchen. (S)(AD)
■ Entire series on BBC iPlayer

8 PM

8.00 **Would I Lie to You?** New edition With guest panellists Jo Brand, Josie Gibson, Beverley Knight and Alasdair Beckett-King. (S)
8.30 **The Traitors** Series finale 12/12. Claudia Winkleman presents the final of the game of treachery and trust, as the Faithful hope to weed out all the Traitors and split the prize pot. (S)(AD)

9 PM

9.45 **The Traitors: Uncloaked** Series finale 12/12. All the finalists join host Ed Gamble for their first interviews. Plus, a look at memorable moments and unseen footage from the castle. (S)(AD)

10 PM

10.30 **BBC News** (S)

11.00 **Local News** (S)
11.10 **The Graham Norton Show** New edition With guests including Ant and Dec. Plus, Tinie Tempah performs his single *Energy*. (S)
12.00 M'T **NEW SERIES** **The Traitors Ireland** 1&2/12. Siobhán McSweeney hosts the murder mystery game which sees 24 players descend on Slane Castle. (S)
2.00 AM **Weather for the Week Ahead** Seven-day forecast. (S)
2.05 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **The Travelling Auctioneers** (R)
7.15 **Escape to the Country** (S)(R)
8.00 **Sign Zone: Digging for Britain** (R)
9.00 **BBC News** (S)
12.30 PM **Political Thinking with Nick Robinson** Topical discussion. (S)
1.00 **LIVE** **Bowls: World Indoor Championships** Coverage from Potters Resorts at Hopton-on-Sea, Norfolk, featuring the second and third open singles quarter-finals. (S)
5.15 **Flog It!** From Sheffield. (S)(R)
6.00 **Richard Osman's House of Games** New edition With Nadia Jae, Tamzin Outhwaite, Steen Raskopoulos and Nigel Planer. (S)
6.30 **Robson Green's Weekend Escapes** Series finale Robson and his uncle Matheson explore the Hepple Estate on their doorstep in Northumberland. (S)(AD)

9.00 Mystery Road: Origin

7.00 **Winterwatch** Series finale 4/4. Michaela Strachan, Chris Packham and Iolo Williams spend a final evening at the Mount Stewart estate on the shores of Strangford Lough, celebrating the best of the winter season. (S)

8.00 **Monty Don's Rhineland Gardens** New edition 2/3. Monty travels along the Rhine to Germany, viewing romantic castles, stunning scenery and gardens, and a park created from disused factories. (S)(AD)

9.00 **Mystery Road: Origin** New episode 3/6. Jay's brother is blamed for a shooting, then another child vanishes, so the detective turns to extreme methods. (S2) (S)
9.50 **Natural World: Jungle Animal Hospital** (S)(R)

10.00 **QI** Host Sandi Toksvig is joined by panellists Alan Davies, Josh Widdicombe, Catherine Bohart and Russell Kane. (S)(R)
10.30 **Newsnight** (S)

11.00 **FILM PREMIERE** **The Eternal Daughter** Drama starring Tilda Swinton. (S) (2022, 12, 90min) ★★★ *See review, page 27.*
12.30 AM **Sign Zone: Panorama: Maxed Out – The Credit Card Trap** (S)(R)
1.00 **Sign Zone: Lucy Worsley's Victorian Murder Club** (S)(R)(AD)
2.00 **Sign Zone: Winterwatch** (S)(R)
3.00 **Sign Zone: Robson Green's Weekend Escapes** (S)(R)(AD)
3.30 **Sign Zone: Global Eye** (S)(R)
4.00 **to 6.00** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.30 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** New edition David Dickinson and his team are in Port Sunlight on the Wirral, where a Chinese porcelain collection is a surprise runaway auction success. (S)(AD)
3.00 **Time Is Money** New edition Quiz show hosted by Sara Davies. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as Wendy takes on the infamous Banker. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.30 Coronation Street

7.30 **It'll Be Alright on the Night** New edition Tom Allen celebrates broadcast bloopers featuring Idris Elba, Paul Rudd, Alan Carr, Gemma Collins, Ant and Dec, Susanna Reid, Helen Skelton and the cast of *Coronation Street*. (S)(AD)

8.00 **Emmerdale** In the shocking aftermath of Ray's death, the corpse has to be moved. (S)(AD)
8.30 **Coronation Street** Will's old racing pal reconnects with Megan, and Sally pays a visit to number six. (S)(AD)

9.00 **Beat the Chasers** Bradley Walsh hosts as five new contestants take on the Sinnerman, the Beast, the Governess, the Menace, the Vixen and the Dark Destroyer, – arguably the greatest quiz team in the world. (S)(R)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **FILM** **The Taking of Pelham 123** Action thriller remake starring Denzel Washington and John Travolta. Four gunmen hijack a crowded New York subway train, leading to a battle of wits between the gang's leader and a train dispatcher. (S)(AD) (2009, 15, 100min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.25 AM **Teleshopping**
3.00 **Tour de Fred: Ireland – Part Deux** 3/5. Fred Sirieix cycles through the counties of Waterford and Cork. (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 21-23/25. (S6) (S)(R)
7.50 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 19-22/24. (S9) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** New edition In Spain, Sharon and Bongo finally launch their bespoke holiday business. (S)
5.00 **Junior Bake Off** Series finale The finalists battle it out in the final. In their last challenge, they create Showstoppers depicting their best ever day out. (S)(AD)
6.00 **A Place in the Sun** New edition A couple seek a holiday home on Spain's Costa Almeria. (S)

9.00 8 Out of 10 Cats Does...

7.00 **News** (S)

8.00 **David Baddiel: Cat Man** New edition 2/3. The comedian and lifelong cat devotee meets the so-called ugliest cat on the internet and some remarkable rescue felines, and also dips his toe into the world of cat shows. (S)(AD)

9.00 **8 Out of 10 Cats Does Countdown** New edition Jimmy Carr hosts as Jon Richardson and Roisin Conaty take on new team captain Rob Beckett and Kiell Smith-Bynoe. Plus, Lou Wall guests in Dictionary Corner. (S)

10.00 **Taskmasterclass** New edition *The End of the World:* Greg Davies and Alex Horne recall Al Murray's shameless bribery, Munya Chawawa's flagrant cheating, and the visceral fury of James Acaster and Aisling Bea. (S)(AD)

11.05 **FILM** **The Inbetweeners Movie** Comedy spin-off starring Simon Bird, Joe Thomas, James Buckley and Blake Harrison. (S)(AD) (2011, 15, 110min) ★★★★
12.55 AM **Ramsay's Kitchen Nightmares USA** A struggling Long Island restaurant. (S)(SL)(R)
1.45 **Couples Come Dine with Me** (R)
2.40 **Jamie's £1 Wonders** (S)(R)(AD)
3.35 **Four in a Bed** (S)(R)
5.55 **to 6.00** AM **Sunday Brunch** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **The Madame Blanc Mysteries** 3/6. When a woman is shot at a bus stop, Caron is surprised to see her holding a carrier bag from Jean's shop. (S3) (S)(R)
4.00 **Bargain-Loving Brits in the Sun** New edition DJ Jessie goes on a blind date. (S)
5.00 **News** (S)
6.00 **The Travel Show: How to Have a Great Holiday** Father-and-son George and Larry Lamb stay at a haunted castle in Northumberland. (S)(R)
6.55 **News** (S)

9.00 From Pole to Pole

7.00 **Heat Pumps: Are They Really Worth It?** Alexis Conran investigates whether heat pumps live up to the hype. (S)(R)
7.55 **News** (S)

8.00 **Jane McDonald: From Pole to Pole** New edition 4/6. The presenter takes a tour of Ilhabela off the coast of São Paulo, where she witnesses the strange phenomena of singing rocks. (S)

9.00 **The 70s: Everything We Loved & Lost** Remembering products from the 1970s, celebrating must-have toys, cutting-edge technology and favourite foodstuffs from that most colourful of decades. (S)(R)

10.30 **Katie Price: Where Did All the Money Go?** Documentary looking at the finances of the model and author, exploring the financial pitfalls of fame and what it's like to navigate and manage bankruptcy so publicly. (S)(R)
11.30 **Piers Morgan: Uncensored** New edition A selection of highlights from the presenter's topical YouTube show. (S)
1.00 AM **PlayOJO Live Casino Show**
3.00 **Ice Age: A Frozen World** (S)(R)
3.50 **Save Money on Your Supermarket Shop** (S)(R)
4.35 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Mornings with Jones and Melbourne**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S6) (S)(R)
11.00 **Pride Rules** (S)(R)
12.00 NOON **The Flash** (S8) (S)(R)
1.00 PM **Hawaii Five-0** (S9) (S)(R)
3.00 **S.W.A.T.** 3/18. (S4) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S13) (S)(R)
5.00 **The Simpsons** *Lisa Gets an F1:* Lisa becomes a professional go-kart racer. (S)(R)
5.30 *Clown v Board of Education:* Krusty opens a school for clowning. (S)(R)
6.00 **The Office (US)** 25/25. Part two of two. Last-ever episode. Pam has a surprise for Jim. (S9) (S)(R)
6.30 1/6. Pilot episode of the comedy starring Steve Carell and John Krasinski. (S1) (S)(R)

8.00 A League of Their Own

7.00 **The Simpsons** *Clan of the Cave Mom:* A parenting disagreement becomes a life-or-death struggle for survival. (S)(R)
7.30 *Night of the Living Wage:* Marge gets a job in a high-pressure kitchen. (S)(R)

8.00 **A League of Their Own: Mexican Road Trip** 2/6. Jamie, Mo, Jill and Micah take part in the Day of the Dead parade, attempting to entertain onlookers in the heat while in full costume and make-up. (S)(R)(AD)

9.00 **Never Mind the Buzzcocks** 1/7. Greg Davies hosts the music quiz, with Clint Boon, Patsy Kensit, Danny Goffey and guest captain Bez joining regulars Noel Fielding and Jamali Maddix. (S)(R)(AD)

10.00 **Rob & Romesh vs Team GB: Winter Special** 6/6. Part two of two. Rob and Romesh conclude their foray into the world of winter sports at the World Curling Championships in Fredericton, Canada. (R)(AD)

11.00 **True Blood** 3/12. Bill's allure is diminished when Sookie visits him at home. (S)(R)
12.00 M'T 4/12. Jason becomes the prime suspect after Sookie finds Dawn's body. (S1) (S)(R)
1.00 AM **Sex and the City** (S)(R)
2.10 **Road Wars** (R)
3.00 **S.W.A.T.** 3/18. (S4) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S13) (S)(R)
5.00 **to 6.00** AM **Stop, Search, Seize** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
No variations

N. IRELAND
Sky 966, Virgin 863, Freesat 966
7.30-8.00pm Farm 999 New edition (S)

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
No variations

ITV1

As main ITV1 except:

WALES
7.00-7.30pm Vanished Wales New edition (S)

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cwpwrdd Epic Chris **12.30** Heno **1.00** Cymry ar Gynfas **1.25** Y Cyfweliad **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Cynefin **4.00** Awr Fawr **5.00** Stwnsh **6.00** Y Deis **6.30** Heno New edition **7.00** Newyddion a'r Tywydd **7.30 LIVE** Clwb Rygbi **9.50** Priodas Pum Mil **10.55pm-12.00m't** Antur Itera Tim Lowri Morgan

TV&Satellite week
New issue on sale now

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **SpongeBob SquarePants** SpongeBob helps Fred.
7.15 Patrick gets a secret ingredient from Squidward.
7.30 **Waterloo Road** 5/8. Nicky suspects something is wrong with Tonya, and Schuey pushes Agnes too far.
8.30 **Waterloo Road** 6/8. Nicky struggles with her confidence, leading to disastrous results. (S17)
9.30 **Our Girl** 3/4. After a mission goes badly wrong, 2 Section find themselves taking casualties.
10.30 **Our Girl** 4/4. The team face a dangerous drive back to Kabul in a commandeered cement truck. (S3)
11.30 **FILM Ben Is Back** Drama with Julia Roberts, Courtney B Vance and Lucas Hedges. (2018, 15, 103min) ★★★★
1.05 AM **Stacey Dooley: Costa del Narcos**
2.05 **Things You Should Have Done** 1-3/6. Triple bill. (S2)
3.35 **to 3.55** AM **My Mate's a Bad Date**

MORE4

136/137 127 147 18 124 15

8.55 AM **Food Unwrapped**
9.30 **Find It, Fix It, Flog It**
10.25 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **A Place in the Sun** A couple search for a retirement property on the Spanish island of Lanzarote.
5.55 **Car S.O.S** Fuzz Townshend and Tim Shaw head to Stockport to take on a 1994 Vauxhall Cavalier Turbo.
6.55 **Car S.O.S** Fuzz and Tim take on their 100th car.
7.55 **The Dog House** A saluki puppy called Harry has the cutest kangaroo jumps, but it remains to be seen whether he will prove the perfect pooch for Charlie and Ali.
9.00 **NEW SERIES Astrid: Murder in Paris** *You Only Die Once:* The French crime drama returns. An unknown woman is found dead on a park bench, the victim of a poisonous sting which is the signature method of a mafia hitman. Subtitled. (S5)
10.00 **24 Hours in A&E** A police officer is admitted after crashing her motorbike.
11.05 **24 Hours in A&E** A woman is airlifted to hospital after falling off her mobility scooter.
12.10 AM **The Gulf** 4/8. (S2)
1.05 **24 Hours in A&E**
3.15 **to 3.45** AM **Food Unwrapped**

+1 hour 236/237 347 125

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **TOTP: 1999** Featuring Blondie, Next of Kin and Unkle featuring Ian Brown.
7.30 Performances by The Corrs, NSYNC, Lauryn Hill, Lucid and Britney Spears.
8.00 **TOTP: 1981** Featuring Spandau Ballet, XTC, Bad Manners and Blondie.
8.30 **TOTP: 1992** With Curtis Stigers, Shakespears Sister, 2 Unlimited and Genesis.
9.00 **TOTP: 1976** Music from ABBA, Hot Chocolate and Brotherhood of Man.
9.40 Featuring Gilbert O'Sullivan, Brotherhood of Man and The Rubettes.
10.20 **Carole King and James Taylor: Just Call Out My Name** Director Frank Marshall looks at the early history of both performers.
11.55 **Carole King: In Concert**
12.25 AM **James Taylor: In Concert** A 1971 concert by the singer-songwriter.
1.10 **Carole King: Home Again – Live in Central Park**
2.30 **to 3.30** AM **Carole King and Her Songs at the BBC**

E4

135/136 126 106 13 122 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Junior Bake Off**
8.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Goldbergs**
10.00 **Modern Family**
11.00 **Ramsay's Kitchen Nightmares USA**
1.00 PM **Brooklyn Nine-Nine**
2.00 **The Simpsons**
3.00 **The Goldbergs**
4.00 **Modern Family**
5.00 **Brooklyn Nine-Nine**
6.00 **The Simpsons** Four episodes, including at:
7.30 *Boy Meets Curl:* Homer and Marge play for a curling team in the Winter Olympics.
8.00 **Britain's Most Expensive Houses** Jersey's most exclusive properties.
9.00 **Gogglebox: Celebrity Special for SU2C** A celebrity edition for Stand Up to Cancer, featuring appraisals of *The Watcher* and *I Can See Your Voice.*
10.00 **FILM Salt** Action thriller starring Angelina Jolie. (2010, 12, 99min) ★★★
12.00 M'T **Naked Attraction**
1.05 AM **Gogglebox: Celebrity Special for SU2C**
2.10 **Britain's Most Expensive Houses** As 8.00pm.
3.05 **Naked Attraction**
4.00 **The Goldbergs**
4.50 **to 6.00** AM **Don't Tell the Bride**

+1 hr 235/236 306 30 123 256

Friday primetime

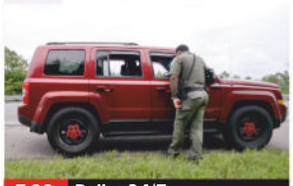
FRIDAY Entertainment

Friday

Sky Witness

107 107 110 341 356

6.00 AM **UK Border Force**
7.00 **Nothing to Declare**
8.00 **Border Patrol**
9.00 **Send in the Dogs**
10.00 **Border Security: Canada's Front Line** Double bill.
11.00 **A1: Britain's Longest Road**
12.00 NOON **FBI** 20/22. The team hunt down a killer. (S4)
1.00 PM **The Rookie** 3/22. Nolan is assigned his first rookie. **2.00** 4/22. Bailey's life is left in the balance. (S5)
3.00 **Stop, Search, Seize**
4.00 **Nothing to Declare**


7.00 Police 24/7

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
7.00 **Richard E Grant's Hotel Secrets** From Hong Kong.
8.00 **Boardwalk Empire** (S3)
10.10 **The Sopranos** 3&4/12. (S3)
12.20 PM **Game of Thrones** (S3)
2.30 **The Wire** 3&4/12. (S3)
4.40 **Westworld** 5/10. Dolores makes a tough decision. (S2)
5.45 **Deadwood** 3/12. Swearengen's ailing health brings cause for concern. (S2)
6.50 **Game of Thrones** 9/10. Lord Walder Frey plays host to a long-awaited wedding. (S3)

5.45 Deadwood

Sky Max

113/114 109/110 111 346 361

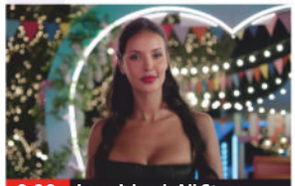
6.00 AM **Hawaii Five-0** (S9)
8.00 **The Flash** 14/20. (S8)
9.00 **Stargate SG-1** (S6)
11.00 **SEAL Team** 3/10. (S7)
12.00 NOON **The Flash** 15/20. (S8)
1.00 PM **Hawaii Five-0** (S9)
3.00 **S.W.A.T.** 3/18. (S4)
4.00 **NCIS: Los Angeles** 12/22. An unidentified aircraft enters US airspace. (S13)
5.00 **SEAL Team** 2/10. Davis gives her unit an ultimatum. (S7)
6.05 **Stargate SG-1** 15/22. O'Neill and Maybourne are transported to a deserted moon. (S6)

9.00 An Idiot Abroad

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Celebrity Dinner Date**
8.30 **Olivia Marries Her Match**
9.25 **The Only Way Is Essex**
10.25 **Real Housewives of Miami**
11.15 **Real Housewives of Beverly Hills** Reality series.
12.10 PM **Dinner Date**
2.15 **The Only Way Is Essex**
3.15 **Real Housewives of Orange County** Reality series.
4.10 **Real Housewives of Miami**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**


9.00 Love Island: All Stars

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.30 **On the Buses**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **Inspector Morse**
11.20 **Heartbeat** Double bill.
1.25 PM **Foyle's War** *Bad Blood:* A biological warfare experiment goes wrong.
3.35 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Great Expectations:* A local farmer is forced to auction his property following the death of his father.

8.00 Doc Martin

7 PM

7.00 Police 24/7 Wilmington police investigate a picnic gone wrong, and officers are forced to figure out a custody dispute in a bar.

7.50 Game of Thrones *Mhysa:* 10/10. Joffrey stands up to Tywin, Daenerys discovers if she is seen as a conqueror or liberator and mercy comes from a surprising source. (S3)

7.10 Stargate SG-1 *Metamorphosis:* 16/22. The Russian SG team bring back a man who claims that his people are being experimented on. (S6)

7.00 Deal or No Deal Stephen Mulhern hosts as Rob takes on the infamous Banker for the chance to win life-changing money.

6.55 Heartbeat *Kith and Kin:* Rosie has cause for concern when Bernie becomes the target of a series of violent attacks.

8 PM

8.00 Law & Order: Criminal Intent *Self-Made:* 7/22. Goren and Eames investigate the death of an aspiring author.

8.15 Never Mind the Buzzcocks With Melanie Blatt, Ian Broudie and Hannah Waddingham.

8.00 The Real Housewives of Orange County Shannon's 60th birthday extravaganza continues with a sour air to things.

8.00 Doc Martin *Of All the Harbours in All the Towns:* 5/6. A schoolgirl develops a crush on the doctor. Guest stars John Alderton.

9 PM

9.00 Law & Order: Criminal Intent *Offence:* 8/22. Logan and Falacci investigate the murder of a grand jury witness. (S7)

9.00 The Trip Improvised comedy in which Steve Coogan and Rob Brydon play versions of themselves as they go on a culinary tour of the north of England.

9.00 An Idiot Abroad 4/8. Karl Pilkington travels to Mexico, where he immerses himself in the country's culture.

9.00 Love Island: All Stars New edition Former Islanders get another shot at finding the one.

9.00 Doc Martin *Haemophobia:* 6/6. One of Louisa's pupils has an accident that lands him in hospital. (S1)

10 PM

10.00 Matlock *Tomorrow Is Still Tomorrow:* 3/16. The team take on a case involving rival restaurants. (S2)
11.00 **The Rookie** 13/14. (S3)
12.00 M'T **FBI** 20/22. (S4)
1.00 AM **Law & Order: Criminal Intent** 4/22. (S7)
2.00 **Law & Order: Organized Crime** 10/13. (S4)
3.00 **The Good Doctor** 9/18. (S5)
4.00 **Road Wars**
5.00 **to 6.00** AM **Send in the Dogs**

+1 hour 207 310

11.00 **Deadwood** As 5.45pm.
12.10 AM **The Sopranos** 3/13. Janice moves into her mother's house. **1.20** 4/13. Dr Melfi faces a crisis of conscience. (S3)
2.25 **Game of Thrones** (S4)
4.35 **In Treatment**
5.05 **to 6.00** AM **Fish Town**

+1 hour 208/209

10.00 Rob & Romesh vs Team GB: Winter Special The duo head to the World Curling Championships in Fredericton, Canada.
11.00 **Fear the Walking Dead** 15/15. Travis's actions cause turmoil at a hotel, while Madison must decide if she will stand by Travis. (S2)
12.00 M'T **The Force: North East**
2.00 AM **Road Wars**
3.00 **S.W.A.T.** 3/18. (S4)
4.00 **NCIS: Los Angeles** (S13)
5.00 **to 6.00** AM **Highway Patrol**

10.05 Olivia Attwood: Getting Filthy Rich Olivia meets celebrities who have taken the decision to join OnlyFans.
11.05 **Family Guy** 10/20. Brian enters a dog competition. (S16)
11.35 **Family Guy** 1/20. (S16)
12.05 AM **American Dad!** (S13)
1.05 **Bob's Burgers** 11/22. (S12)
1.35 **Olivia Attwood's Bad Boyfriends** Reality show.
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

10.00 Foyle's War *Bleak Midwinter:* When a woman is killed in an explosion in a munitions factory, Foyle is asked by one of her co-workers to investigate the death.
11.50 **Trial & Retribution** 1/2. The team investigate the death of a prostitute. (S8)
1.25 AM **On the Buses** 1/7. The inspector bans cigarettes. (S6)
1.55 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 LIVE **Sportscene: Championship Football** Arbroath v Greenock Morton: All the action from the second-tier match at Gayfield. Kick-off is at 7.45.
10.00 **Still Game** *One In, One Out:* 7/7. Tam and Frances enjoy a taste of fame when they are interviewed by Lorraine Kelly, while Jack and Victor face a stressful stint as babysitters (S6)
10.30 **Two Doors Down** 3/6. Ian and Jaz invite Beth and Cathy over for a quiet drink, but Cathy's over-exuberant dancing causes problems. (S1)
11.00 PM **to 12.00** M'T **Jim Smith Live from Perth** The farmer and comedian performs in his home town.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S2)
9.00 **Ballers** 7&8/10. (S3)
10.10 **Sex and the City** (S6)
11.35 **Entourage** (S2)
12.30 PM **Will & Grace** (S4)
1.30 **Sex and the City** (S1)
2.40 **Ballers** 8&9/10. (S3)
3.50 **And Just Like That...**
4.45 **The Office (US)** (S1)
5.45 **Will & Grace** (S4)
6.45 **Community** (S4)
7.45 **Sex and the City** 1/12. First-ever episode of the comedy drama. Carrie meets Mr Big. **8.20** 2/12. Miranda slips up by landing a date with a man who has a passion for models. (S1)
9.00 **Katherine Ryan: First Born Daughter** A stand-up special.
10.15 **And Just Like That...**
11.10 **Community** (S4)
12.10 AM **Entourage** (S2)
1.10 **Ballers** 8&9/10. (S3)
2.25 **Curb Your Enthusiasm**
3.45 **to 5.00** AM **Silicon Valley**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **André Rieu & the Dutch Royal Family**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **The Art of the Garden**
3.00 **Laurie Lee: The Lost Interview**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Guy Garvey: From the Vaults** A look at 1985.
9.00 **Jeff Beck Live at Ronnie Scott's**
11.00 **Eric Clapton: Concert by the Lake – Band du Lac** A 2005 concert.
1.30 AM **Buddy Guy Live: The Real Deal**
2.45 **Women Who Rock**
4.00 **Greatest Albums Live**
5.00 **to 6.00** AM **National Treasures**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Stargate Atlantis** (S5)
5.00 **Stargate SG-1** (S2)
6.00 **Star Trek: Voyager**
7.00 **Star Trek: The Next Generation** *Lessons:* 19/26. Sci-fi drama. (S6)
8.00 **Star Trek: Deep Space Nine** *Badda-Bing, Badda-Bang:* 15/26. (S7)
9.00 **Forensics: Catching the Killer** Double bill.
11.00 **Grimm** 20/22. (S4)
12.00 M'T **Wynonna Earp**
1.00 AM **Caught on Dashcam**
2.00 **Brit Cops: Frontline Crime UK** Documentary.
3.00 **The Force: Manchester**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Quiz.
1.00 PM **Lingo** Game show.
2.00 **Tenable** Quiz show.
3.00 **In with a Shout**
4.00 **Ridiculous**
5.00 **Deal or No Deal**
6.00 **Lingo** Civil partners from Cardiff, friends from Glasgow and twins from Hounslow compete. **7.00** An Edinburgh couple, a mother and son from Eastleigh and Sutton Coldfield, and two pals from Aylesbury take part in the game show. **8.00** Friends from Fife, a daughter and mother-in-law from Kidderminster and pals from Swindon compete.
9.00 **Alan Carr's Epic Gameshow: Celebrity Special** An updated version of *Strike It Lucky*.
10.00 **Tipping Point** Triple bill of the game show.
12.55 AM **Tenable**
1.50 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Find It, Fix It, Flog It**
12.00 NOON **A Place in the Sun** Triple bill of editions.
3.00 PM **Kirstie and Phil's Love It or List It: Brilliant Builds**
3.30 **Come Dine with Me**
6.00 **Kirstie and Phil's Love It or List It**
7.00 **The Dog House** Three-legged labrador Dave seeks a new best friend.
7.50 **The Great Pottery Throw Down**
9.00 **24 Hours in A&E**
10.00 **Celebrity Gogglebox**
11.05 **Gogglebox**
12.05 AM **24 Hours in Police Custody Investigates: Zombie Knives**
1.10 **Social Media Monsters**
2.15 **8 Out of 10 Cats Does Countdown**
3.15 **Taskmasterclass**
4.10 **Food Unwrapped's Caribbean Adventure**
4.35 **to 4.55** AM **Find It, Fix It, Flog It**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Big Match Revisited**
8.05 **Magnum, PI**
9.10 **Kojak**
10.15 **Boon**
11.20 **The Sweeney**
12.25 PM **Robin of Sherwood**
1.35 **Magnum, PI**
2.35 **Kojak**
3.45 **Boon** *Wheels of Fortune:* Ken defies a prediction.
4.50 **The Sweeney** *Thin Ice:* Regan uses a criminal's abandoned dog as bait.
5.55 **Minder** *Whose Wife Is it Anyway?* Terry minds a shop.

5.55 Minder

7.00 **American Pickers** Mike and Danielle search through a scrapyard and a 19th-century ghost town, and find a classic car.
8.00 **Ice Road Truckers** Lisa Kelly's trip to Prudhoe Bay is delayed by a storm, and Tim Freeman faces winds over Atigun Pass.
9.00 **Ice Road Truckers** Two heavy haul veterans make time for practical jokes while transporting storage tanks to Deadhorse.
10.00 **Wrestling: AEW Dynamite** Hard-hitting action, featuring world-class talent including Jon Moxley and Chris Jericho.
12.05 AM **Dark Side of the Ring** The tragedy that plagued the Von Erich wrestling dynasty.
1.00 **Minder**
2.00 **The Professionals**
2.50 **Unwind with ITV**
3.00 **Teleshopping**
3.30 **to 4.00** AM **Auto Mundial**

+1 hour 220 318 118

Sky Sci-Fi

152 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 10/26. (S5)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 11/26. (S5)
2.00 **Blood & Treasure** (S2)
4.00 **Stargate SG-1** 21/22. (S1)
5.00 **Star Trek: Voyager** 3/16. (S1)
6.00 **Star Trek: The Next Generation** 10/26. Worf learns about parenting the hard way when his son Alexander arrives on the *Enterprise*. (S5)

2.00 Blood & Treasure

7.00 **Star Trek: Deep Space Nine** *The Darkness, the Light:* 11/26. An unknown assassin targets Kira's resistance group. (S5)
8.00 **Stargate SG-1** *Politics:* 21/22. Part one of three. Cost-conscious Senator Kinsey vows to shut down the Stargate project. (S1)
9.00 **Grimm** *Zerstorer Shrugged:* 12/13. A dark force arrives in Portland intent on reaching Diana.
10.00 **Grimm** *The End:* 13/13. The fantasy drama concludes as Nick faces off against Zerstorer in a climactic battle. (S6)
11.00 **Wynonna Earp** 2/12. The arrival of an old acquaintance of Wyonna's threatens to cause yet another disturbance in the town. (S2)
12.00 M'T **Intergalactic** 7/8. (S1)
1.00 AM **Blood & Treasure** (S2)
3.00 **Wynonna Earp** As 11.00pm.
4.00 **Intergalactic** 7/8. (S1)
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S10)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 7/22. (S6)
11.00 **Hudson & Rex** 5/20. (S5)
12.00 NOON **Miss Fisher's Murder Mysteries** 2/13. (S2)
1.00 PM **Death in Paradise** (S2)
2.00 **Murdoch Mysteries** (S10)
4.00 **The Mentalist** 7/22. (S6)
5.00 **Hudson & Rex** 5/20. Rex is accused of attacking a former police officer. (S5)
6.00 **Father Brown** *The Father, The Son:* Flambeau is stunned to find his father at St Mary's.

10.00 I, Jack Wright

7.00 **Miss Fisher's Murder Mysteries** *Death Comes Knocking:* 2/13. A ghostly message spells death for a war veteran. (S2)
8.00 **Death in Paradise** *A Stormy Occurrence:* 7/8. A meteorologist is found dead – just as a storm is brewing. (S2)
9.00 **Death in Paradise** *Posing in Murder:* 3/8. Humphrey investigates when a young model is strangled during a fashion show. (S5)
10.00 **I, Jack Wright** *A Tougher Love:* 3/6. Sally is keen to push ahead with the exhumation, and John forms new alliances. (S1)
11.00 **Father Brown** As 6.00pm.
12.00 M'T **So Help Me Todd** 15/21. Margaret represents a teenager charged with releasing classified documents. (S1)
1.00 AM **Death in Paradise** (S2)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.30 AM **Highlights**
8.40 **Dad's Army**
9.20 **Are You Being Served?**
10.00 **Open All Hours**
10.40 **Keeping Up Appearances**
11.20 **Last of the Summer Wine**
12.40 PM **The Green Green Grass**
1.20 **Dad's Army** Double bill.
2.40 **Are You Being Served?**
3.20 **Open All Hours**
4.00 **Ever Decreasing Circles**
4.40 **Last of the Summer Wine**
6.00 **Fawlty Towers**
6.40 **Open All Hours**

2.40 Are You Being Served?

7.20 **Dad's Army** The men head off for a weekend at a training camp, but arrive late and hungry.
8.00 **Fawlty Towers** Sybil walks out on Basil on their wedding anniversary. **8.40** Manuel's pet rat escapes just as a health inspector is about to visit.
9.25 **The Thin Blue Line** The boys in blue prepare to be cross-examined by a crook's defence counsel.
10.00 **Men Behaving Badly** When Tony's brother and his girlfriend pay a visit, their behaviour almost drives Gary to murder.
10.35 **Fawlty Towers** As 8pm.
11.15 **Fawlty Towers**
12.00 M'T **The Thin Blue Line**
12.40 AM **Men Behaving Badly**
1.15 **Fawlty Towers** Double bill.
2.30 **The Thin Blue Line**
3.15 **to 4.00** AM **Men Behaving Badly**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **World's Most Dangerous Roads** Rhod Gilbert and Greg Davies drive through Nepal.
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Guy Martin: Proper Jobs**
11.00 **Rick Stein's Taste of Shanghai**
12.00 NOON **Bangers & Cash**
2.00 PM **Robson's Extreme Fishing Challenge**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British**
6.00 **Rick Stein's Taste of Shanghai** Rick finds out if Shanghai has hung on to its culinary roots.

9.00 QI XL

7.00 **QI** With guest panellists John Sessions, Phil Kay and Clive Anderson. **7.40** **Richard Osman's House of Games** Guests include Hannah Cockroft and Rhys Stephenson. **8.20** With Rob Deering, Katya Jones, Phil Tufnell and Jayne Middlemiss.
9.00 **QI XL** Stephen Fry poses questions about names beginning with 'J' to Katy Brand, Sue Perkins, David Mitchell and Alan Davies.
10.00 **Have I Got a Bit More News for You** Martin Clunes hosts the quiz, with Steph McGovern and Armando Iannucci.
11.00 **Taskmaster: Champion of Champions** 2/2. The champions from the first five series compete.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **Not Going Out**
3.25 **to 4.00** AM **Gavin & Stacey**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 13-15/23. (S1)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *The Bone Yard:* 5/23. The remains of an FBI agent are found. **7.00** *Terminal Leave:* 6/23. The team try to protect a naval officer. **8.00** *Call of Silence:* 7/23. A US Marine veteran confesses to murder 60 years previously. (S2)
9.00 **Person of Interest** *MIA:* 13/22. The hunt for Shaw takes Root and Reese to a town in upstate New York. **10.00** *Guilty:* 14/22. Finch suspects that a fellow juror is aiming to rig the proceedings. (S4)
11.00 **Law & Order: Special Victims Unit** (S18&17)
2.45 AM **Sight Unseen** Series finale 10/10. Tess reunites with Jake. (S2)
3.35 **to 4.00** AM **Cops**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Shoplifters: Caught Red Handed**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **999: Critical Condition** A woman has a life-threatening aneurysm.
10.00 **999: Emergency Call Out** Lisa and Jack respond after a former colleague is bitten by out-of-control dogs.
11.00 **Skin A&E**
12.00 M'T **Nightmare Tenants, Slum Landlords**
2.45 AM **GPs: Behind Closed Doors** Medical series.
3.35 **to 4.00** AM **Car Pound Cops**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.10 **Winter Road Rescue**
9.40 **Police Interceptors**
11.35 **FILM Rio Conchos** Western adventure starring Richard Boone. (1964, PG, 107min) ★★
2.00 PM **FILM The Proud Ones** Western drama. (1956, U, 94min) ★★★
4.00 **The Motorway**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
9.00 **Police: Night Shift 999**
10.00 **Cops** New editions A cyclist finds a way to shock deputies. **10.30** Police level with a man and implore him to make better choices.
11.00 **Banged Up Abroad**
12.00 M'T **World's Deadliest Weather: Caught on Camera** Wildfires.
1.00 AM **Ice Road Truckers**
2.00 **to 4.00** AM **Trucking Hell**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.30 **Inside the Ambulance**
8.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
7.00 **My Kitchen Rules: South Africa** The top three teams gather at a picturesque mansion to cook their final meal.
8.00 **Inside the Ambulance** The paramedics treat a woman whose legs have dramatically swollen.
9.00 **999 Rescue Squad** A woman plunges 10ft through floorboards. **10.00** A car towing a caravan rolls over and hits a lamp post.
11.00 **Bradford on Duty**
12.25 AM **Louis Theroux: Life on the Edge**
1.30 **to 3.00** AM **Hungry for It**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.10 AM **The Bill**
8.05 **Doctors**
9.20 **Classic Holby City**
10.25 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **All Creatures Great and Small**
3.00 **Howards' Way**
4.10 **Bergerac**
5.20 **The Thin Blue Line**
6.00 **To the Manor Born**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Father Brown** *The Star of Jacob:* A baby is taken. **9.00** *The Labyrinth of the Minotaur:* Lady Felicia's wayward niece is suspected of murder.
10.00 **New Tricks**
11.15 **Waking the Dead**
12.35 AM **Sister Boniface Mysteries** 1/10. (S1)
1.35 **The Thin Blue Line**
2.10 **To the Manor Born**
2.45 **to 4.00** AM **Catch Me a Killer**

+1hr 243 316 60 260

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys**
8.00 **Bangers & Cash**
10.00 **Secrets and Spies: A Nuclear Game**
11.00 **Secret Nazi Bases**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **Secrets and Spies: A Nuclear Game**
5.00 **Secret Nazi Bases**
6.00 **Antiques Roadshow**
7.00 **Great Canal Journeys**
8.00 **'Allo 'Allo!** René goes to work in the vineyard. **8.35** Herr Flick is imprisoned in Von Klinkerhoffen's dungeon. **9.10** Gruber rescues René from his cell. **9.40** René and his staff devise a plan.
10.10 **Bangers & Cash**
1.10 AM **Abandoned Engineering**
2.10 **to 3.00** AM **Secrets and Spies: A Nuclear Game**

+1 hour 255 329

FRIDAY Entertainment

Friday

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Conwy.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **The Yorkshire Auction House**
4.00 **Long Lost Family**
5.00 **A Place in the Sun**
6.00 **Salvage Hunters**
8.00 **Antiques Road Trip**
9.00 **Unsellable Houses** New edition Lyndsay and Leslie return to their hometown of Mukilteo to help a retired navy commander and his wife update their home.
10.00 NEW SERIES **My Lottery Dream Home**
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Great! TV

157 167 170 34 32

8.00 AM **Born and Bred** (S4)
9.00 **Highway to Heaven**
10.00 **Little House on the Prairie** 21–23/26. (S5)
1.00 PM **The Waltons** (S2)
3.00 **Born and Bred** (S4)
4.10 **Down to Earth** (S5)
5.20 **Doctor Finlay** 3/7. (S3)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** 17/25. Charles catches mumps. **8.00** 18/25. Hawkeye takes temporary command of the 4077th. **8.30** 19/25. Camp morale hits a low. (S8)
9.00 FILM **The Edge** Action adventure starring Anthony Hopkins and Alec Baldwin. (1997, 15, 117min) ★★★
11.25 **Born and Bred** (S4)
12.25 AM **Down to Earth** (S5)
1.35 **Rumpole of the Bailey**
2.25 **Home to Roost** (S1)
3.00 **to 4.50** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.10 AM **Tombstone Territory**
10.20 FILM **Decision at Sundown** Western. (1957, PG, 77min) ★★
12.00 NOON **The High Chaparral** 20/26. (S2)
1.00 PM FILM **The Longest Drive** Western. (1976, PG, 93min) ★★
3.00 **Wanted: Dead or Alive**
3.30 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!**
7.00 **The Avengers** (S4)
8.00 **The New Avengers**
9.00 FILM **The Gunman** Drama with Sean Penn. (2015, 15, 115min) ★★★
11.25 FILM **American Siege** Thriller with Bruce Willis. (2021, 15, 91min) ★★
1.25 AM **The Avengers**
2.25 **The New Avengers**
3.15 FILM **Bermuda Tentacles** Sci-fi thriller. (2014, 12, 86min) ★★
4.40 **to 5.50** AM **Cops Uncut**

+1 hour 324

Great! Mystery

321 318 425 50 48

7.00 AM **Police Ten 7**
7.25 FILM **Nanny's Killer Scandal** (2018, 15) ★★
9.10 **Murder, She Wrote**
10.10 **Unforgettable** (S3)
11.10 **Castle** 22/24. (S5)
12.10 PM FILM **The Deadly Room** (2015, PG) ★★
2.05 FILM **Something New** Mystery. (2023, U) ★★
4.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 23/24. (S5)
8.00 **Unforgettable** (S3)
9.00 FILM **The Wedding Dress** Crime drama. (2015, PG, 83min) ★★
10.55 FILM **A Very Foul Play** Mystery. (2019, PG) ★★
12.50 AM FILM **Hidden Crimes** Thriller. (2009, 12) ★★
2.35 FILM **Circle of Friends** Thriller. (2006, PG) ★★★
4.00 FILM **Secrets that Kill** Thriller. (2020, 12) ★★
5.25 **to 6.00** AM **Police Ten 7**

+1 hour 322

Great! Romance

319 317 424 52 47

8.15 AM FILM **Love Locks** Drama. (2017, PG) ★★
10.25 FILM **Sweet Home Carolina** Drama. (2017, PG, 84min) ★★
12.15 PM FILM **Technically Yours** (2025, PG) ★★
2.15 FILM **You Had Me at Aloha** Romantic drama. (2021, PG, 84min) ★★
4.05 FILM **To England, with Love** Romantic comedy. (2023, PG, 89min) ★★
6.05 FILM **Splash of Love** Comedy. (2022, U) ★★
8.00 FILM PREMIERE **The Love Gala** Drama. (2023, PG, 86min) ★★
9.50 FILM **Mid-Love Crisis** Drama. (2022, PG) ★★
11.40 FILM **For the Love of Chocolate** Comedy. (2021, PG, 85min) ★★
1.35 AM **Highway to Heaven**
2.35 FILM **You Had Me at Aloha** (2021, PG) ★★
4.10 **to 5.00** AM **Highway to Heaven**

+1 hour 320

Rewind TV

182 81 141

6.00 AM **Highlights**
8.30 **Thick as Thieves**
9.00 **Bubblegum & Cheese**
10.00 **The Top Secret Life...**
10.30 **Shine on Harvey Moon**
11.30 **The Fenn Street Gang**
12.00 NOON **The Lovers** (S1)
12.30 PM **The Dustbinmen**
1.00 **Wish Me Luck** (S3)
2.00 **The Champions** (S1)
3.00 **Shine on Harvey Moon**
4.00 **Walking Westward**
4.30 **Old Country**
5.00 **Bubblegum & Cheese**
6.00 **The Top Secret Life of Edgar Briggs** 13/13. (S1)
6.30 **The Fenn Street Gang**
7.00 **The Lovers** 2/6. (S1)
7.30 **The Dustbinmen**
8.00 **The Champions** (S1)
9.00 **Wish Me Luck** (S3)
10.00 FILM **A Clock Work Blue** Comedy. (1972, 18) ★★
11.45 **Stereo Underground**
12.45 AM **70s vs 80s Hits**
1.45 **Naughty!**
3.20 **Rewind & Remember**
3.30 **to 6.00** AM **Highlights**

DMAX

158 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **The Snake Catcher**
10.00 **Deadliest Catch**
11.00 **Deadliest Catch: Toughest Moments**
12.00 NOON **Curse of the Frozen Gold**
1.00 PM **Expedition Unknown** Double bill.
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch**
9.00 **Saving Lives at Sea** The RNLI volunteers race to save a surfer at the mercy of Storm Brendan. **10.00** RNLI lifeguards battle to save a mother and her son caught in a rip current in Cornwall.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 258 369 153

Food Network

144 152 168 43 148 39

6.00 AM **James Martin's American Adventure**
7.00 **The Hairy Bikers' Comfort Food**
8.00 **The Pioneer Woman**
9.00 **Jamie's Meat-Free Meals** Double bill.
10.00 **Barefoot Contessa**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Great British Adventure**
3.00 **The Hairy Bikers' Comfort Food**
4.00 **The Pioneer Woman**
5.00 **Jamie's Meat-Free Meals** Double bill.
6.00 **Barefoot Contessa**
7.00 **Great British Bake Off**
9.00 **Man v Food with Casey Webb** Four editions of the series, including at: **10.30** Casey travels to the town of Burlington.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food: Best Of**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 17/27. (S4)
9.00 **The A-Team** 20/25. (S3)
10.00 **Charlie's Angels** (S5)
11.00 FILM **Global Meltdown** Disaster thriller. (2017, PG, 105min) ★
1.00 PM FILM **Instrument of War** Wartime drama. (2017, 12, 90min) ★★
2.45 FILM **The Hunters** Korean War drama. (1958, PG, 108min) ★★
5.00 **Star Trek** 30/30. (S1)
6.00 **Charlie's Angels** (S5)
7.00 **The A-Team** 21/25. (S3)
8.00 **Walker, Texas Ranger**
9.00 FILM **Hunter Killer** Action thriller. (2018, 15, 121min) ★★★
11.20 FILM **Code Name: Geronimo** Action drama. (2012, 15, 96min) ★★
1.20 AM FILM **Narrow Margin** Suspense thriller. (1990, 15, 97min) ★★★
3.15 **to 5.00** AM FILM **Acts of Vengeance** Drama. (2017, 15, 87min) ★★

Legend Xtra

317 316 171 69 138 51

9.00 AM FILM **Frankenstein Created Woman** Horror. (1966, 15, 95min) ★★★
11.00 **The Lost World** (S1)
12.00 NOON FILM **40 Days and Nights** Thriller. (2012, 15, 86min) ★
2.00 PM FILM **Martian Land** Sci-fi adventure. (2015, PG, 90min) ★
4.00 **Walker, Texas Ranger**
5.00 FILM **The Lost Continent** Adventure. (1968, PG, 98min) ★★★
7.00 **The Lost World** (S1)
8.00 **The Fall Guy** 13/23. (S1)
9.00 FILM **Kickboxer: Retaliation** Thriller sequel with Alain Moussi. (2018, 15, 110min) ★★
11.10 FILM **Revenge** Thriller. (2017, 18) ★★★★
1.20 AM FILM **The Resident** Horror. (2011, 15) ★★
3.10 FILM **The Lost Continent** As 5.00pm.
5.00 **to 6.00** AM **The Lost World**

+1 hour 318 371 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.35 **Storage Hunters**
8.30 **Storage Wars: Texas**
9.20 **Hardcore Pawn**
10.15 **Auction Hunters**
11.10 **Deep Water Salvage**
12.10 PM **Salvage Kings**
1.05 **Pawn Stars**
2.05 **Storage Wars: Texas**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
5.00 **Close Encounters**
6.00 **Pawn Stars**
7.00 **Storage Wars: Texas**
8.00 **Dickinson's Real Deal**
9.00 **WWE's Greatest Moments** New editions
10.00 **Strange Evidence**
12.00 M'T **Paranormal: Caught on Camera**
1.00 AM **Close Encounters**
2.00 **Ancient Aliens**
3.00 **Deep Water Salvage**
3.45 **Salvage Kings**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.05 AM **The Yorkshire Vet**
10.05 **Killer Crocs with Steve Backshall**
11.05 **Ben Fogle: New Lives in the Wild** Australia.
12.05 PM **Buried Secrets of WWII** Pearl Harbor.
1.00 **Murder, She Wrote**
3.00 **Columbo**
5.00 **The Great Barrier Reef: Drain the Oceans**
6.00 **Britain's Greatest Bridges** The Tyne Bridge.
7.00 **Buried Secrets of WWII**
8.00 **Ben Fogle: New Lives in the Wild** From Italy.
9.00 **Taggart** *Evil Eye:* A woman's death is linked to the stabbing of a police officer.
11.45 **1979: Those Were the Days** A look back at the key events of 1979.
1.45 AM **Rich House, Poor House** Reality series.
2.45 **Rich Holiday, Poor Holiday** Reality series.
3.40 **to 4.00** AM **Cruising with Jane McDonald**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase** Quiz.
9.00 **Tenable** Double bill.
11.00 **The Chase Celebrity Special** With Hannah Mills, Chris Ramsey, Dion Dublin and Lesley Garrett.
12.00 NOON **The Chase**
2.00 PM **Bridge of Lies**
3.00 **Who Wants to Be a Millionaire? Celebrity Special** Quiz show.
4.00 **The Chase** Quiz show.
5.00 **The Bidding Room** The dealers are intrigued by a vintage car lighter.
6.00 **Tenable** A team of five friends take part. **7.00** Five colleagues from the British Transport Police take part.
8.00 **The Chase** Double bill.
10.00 **Tenable** A team of family and friends take on the Tenable Tower.
11.00 **Bullseye** Double bill.
12.00 M'T **Who Wants to Be a Millionaire?** Quiz show.
1.00 AM **The Chase** Quiz.
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Mike & Molly**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Mike & Molly**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the sitcom, including at: **8.00** 19/24. Sheldon is distraught when his gaming account is hacked. **8.30** 20/24. Amy and Sheldon start a gossip experiment. (S4)
9.00 **90 Day Fiancé: Before the 90 Days** New edition Rick meets his Malagasy Queen in person, Emma and Ziad get off to a rocky start, and Aviva is in love with a Belizean pop star.
11.00 **Georgie and Mandy's First Marriage**
12.00 M'T **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
10.00 **Spin City** (S5)
11.00 **Everybody Loves Raymond** 17–20/24. (S6)
1.00 PM **Friends** (S3&4)
8.00 **Friends** 14/24. Actor Charlton Heston discovers co-star Joey in a compromising position. **8.30** 15/24. Chandler's ex-girlfriend turns up out of the blue. (S4)
9.00 **Bradley & Barney Walsh: Breaking Dad**
10.00 **Out of Order**
11.00 **Whose Line Is It Anyway? USA**
12.00 M'T **8 Out of 10 Cats Uncut** With Rob Beckett.
12.50 AM **Drunk History**
1.50 **Jack Whitehall Gets Around** Stand-up.
2.50 **Reno 911!** (S4)
3.10 **Key & Peele**
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S5)
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** (S6)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.30 **Takeshi's Castle**
4.00 **Most Ridiculous**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** (S5)
7.00 **Everybody Loves Raymond** 17–20/24. (S6)
9.00 **Michael McIntyre's Big Show** With guests Camila Cabello, Harry Redknapp and Westlife.
10.00 **Friends** 11–14/25. (S3)
12.00 M'T **Jimmy Carr's Am I the A**hole?**
1.00 AM **Whose Line Is It Anyway? USA**
4.30 **Spin City** (S5)
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
10.50 **Steptoe and Son** (S6)
11.25 **You Rang, M'Lord?**
12.30 PM **Rising Damp** (S3)
1.00 **Man About the House**
1.30 **Goodnight Sweetheart**
2.10 **When the Boat Comes In** 2/13. (S2)
3.10 **Minder** 4/13. (S2)
4.10 **Citizen Smith** 2/8. (S3)
4.45 **Man About the House**
5.15 **Some Mothers Do 'Ave 'Em** 2/6. (S3)
6.00 **That's 60s**
6.15 **Steptoe and Son** (S3)
6.45 **Rising Damp Christmas Special** 8/8. (S2)
7.15 **Whatever Happened to the Likely Lads?** (S2)
7.55 **Minder** 13/13. (S2)
9.00 **Benidorm** 5/9. (S9)
9.55 **Shameless** 12/14. (S11)
10.55 **Man About the House**
11.25 **Rising Damp** (S3)
12.00 M'T **Benidorm** 5/9. (S9)
12.55 AM **Shameless** (S11)
1.55 **Kenny Everett Show**
2.25 **to 6.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **Teen Mom 2**
8.00 **Catfish: The TV Show**
9.00 **Catfish: Fiendish Friends** Reality show.
10.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Triple bill.
4.00 **Dallas Cowboys Cheerleaders**
5.30 **MTV Cribs UK**
6.00 **Sweet Home Alabama**
7.00 **Teen Mom UK: Next Generation** Whitney's plans are put on hold.
8.00 **Teen Mom UK**
9.00 **Skin A&E** Dr Dev Shah treats a football fan with a large head cyst.
10.00 FILM **8 Mile** Urban drama starring Eminem and Kim Basinger. (2002, 15, 112min) ★★★
12.00 M'T **Geordie Shore**
2.00 AM **Teen Mom: The Next Chapter**
2.45 **Ink Master: Angels**
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Junkyard Empire**
9.00 **Gold Rush** Double bill.
11.00 **Diesel Brothers** Double bill.
1.00 PM **Deadliest Catch**
3.00 **How Do They Do It?** The production of peppermint oil. **3.30** A look at the production process of trombones. **4.00** Making surfboards. **4.30** The creative methods used to photograph food.
5.00 **Alaska: Homestead Rescue** Two couples in Alaska face disaster near the Arctic Circle.

9.00 Expedition Files

7.00 **Gold Rush** Parker unleashes chaos to get four plants running for the first time, while Tony splurges on a new plant and Rick fires up in Vegas Valley.

9.00 **Expedition Files** Josh Gates takes a closer look at the Amityville Horror, and the strange fate of a Civil War submarine crew.

10.00 **Expedition Unknown** Armed with an eyewitness account, Josh Gates dives into the Pacific to find a lost P-47 Thunderbolt.

11.00 **Expedition Unknown** Josh chases the treasure of the infamous pirate Amaro Pargo.
12.00 M'T **Deadliest Catch** The *Summer Bay* runs aground.
1.00 AM **Expedition Files**
2.00 **Expedition Unknown**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **River of No Return**
10.00 **Tanked** With Urijah Faber.
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A cat that sprays all over the house. **4.00** A couple who moved house to keep their cats apart.
5.00 **Lone Star Law** Warden Boone is on a mission to arrest a trio of armed robbers.
6.00 **Dr Jeff: Rocky Mountain Vet** A puppy breaks its leg.

8.00 Intruders

7.00 **Treehouse Masters** Pete Nelson heads to Alabama's Appalachia to build a treehouse fit for a budding James Bond.

8.00 **Intruders** A family in Arkansas move into a house already inhabited by an infestation of deadly spiders.

9.00 **Alaska: The Last Frontier** Eivin takes his son Findlay on his first coming of age hunt, while Jane and Atz Lee fish for pike.

10.00 **Alaskan Bush People: Bushcraft Chronicles** The Browns revisit some of their best hunting expeditions.

11.00 **The Haunted** Documentary.
12.00 M'T **Crikey! It's the Irwins** Robert relocates the zoo's most aggressive crocodile.
1.00 AM **Richard E Grant's Seven Deadly Sins** Sloth.
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Phoenix**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Britain's Greatest Machines with Chris Barrie**
9.00 **Air Crash Investigation**
10.00 **Seconds from Disaster**
11.00 **WW2: Hell Under the Sea**
12.00 NOON **World War II: Secrets from Above**
1.00 PM **Air Crash Investigation**
3.00 **Killing Hitler** Documentary.
4.00 **The American Revolution: Drain the Oceans**
5.00 **Ice Road Rescue**
6.00 **Nazi Megastructures** The creation of the most advanced submarine of World War Two.

7.00 Air Crash Investigation

7.00 **Air Crash Investigation** An insight into what caused a Flash Airlines flight to plummet into the Red Sea in January 2004.

8.00 **Air Crash Investigation** Investigators can find nothing wrong with a plane that crashed moments after take-off.

9.00 **Air Crash Investigation** A look at the case of a commuter plane that crashed mere seconds after take-off in 1985.

10.00 **Superstorm New York: What Really Happened** The factors that transformed Hurricane Sandy into a superstorm.

11.00 **Air Crash Investigation**
12.00 M'T **Toronto Airport Uncovered** Spring break puts new pressure on the airport.
1.00 AM **To Catch a Smuggler**
2.30 **Money Meltdown**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **When Sharks Attack and Why**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Storage Wars**
7.50 **Pawn Stars Do America**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **Mysteries from Above**
1.00 PM **Alien Files Reopened**
3.00 **Full Custom Garage** Ian takes a far from typical custom job. **4.00** Ian takes on a project of building a vintage motorcycle. **5.00** A look at the best builds of seasons three to five.
6.00 **American Pickers** The Wolfe brothers pick a main-street grocery that is frozen in time.

7.00 Forged in Fire

7.00 **Forged in Fire** The bladesmiths are tasked with making canister Damascus using barbershop tools.

8.00 **History's Greatest Aircraft** A look into the history of German World War Two fighter, the Messerschmitt Bf 109.

9.00 **The Sound and the Fury** The fall of Germany at Stalingrad in 1943 – its first major defeat.

10.00 **The Sound and the Fury** In 1944, D-Day pierced the Atlantic Wall, as Operation Bagration crushed the Wehrmacht.

11.00 **D-Day: 100 Days to Beat the Third Reich**
12.00 M'T **Ultimate Mysteries** The Bennington, Bermuda and Bridgewater triangles.
12.55 AM **American Pickers**
1.50 **The Sound and the Fury**
2.50 **Pawn Stars Do America**
3.40 **Pawn Stars** Documentary.
4.25 **to 6.00** AM **Secrets in the Dark**

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The 2000s**
7.00 **Discovering: Meryl Streep**
8.00 **The Directors**
9.00 **The Movies** As 6.00pm.
10.00 **Urban Secrets**
11.00 **Bad Host: Hunting the Couchsurfing Predator**
2.00 PM **Adrienne** Tribute to actor and director Adrienne Shelly.
4.00 **Discovering: Meryl Streep**
5.00 **The Directors** The life and career of actor and film-maker Orson Welles.
6.00 **The Movies** Movies from the 1990s, including *Toy Story*.

9.00 I'm Chevy Chase and...

7.00 **Spitfire** The story of the British single-seat fighter plane, designed by RJ Mitchell and famous for its role in the Battle of Britain, featuring archive footage, new film of the aircraft in flight and interviews with the last surviving veterans.

9.00 **I'm Chevy Chase and You're Not** A profile of the actor and comedian, who rose to fame on *Saturday Night Live* before becoming a film star in the 1980s, but whose career declined amid reports of difficult behaviour.

11.00 **I Am Richard Pryor** The highs and lows of the comedian and actor's life.
12.50 AM **Belushi** The life story of comedy star John Belushi.
3.00 **Terry Venables: A Man Can Dream** A look at the life and times of the football played-turned-manager.
5.00 **to 6.00** AM **Discovering: Meryl Streep**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried: Classic Cars**
3.00 **Find It, Fix It, Flog It**
4.00 **The Yorkshire Auction House** Double bill.
6.00 **Antiques Road Trip**
8.00 **The Yorkshire Auction House** Angus Ashworth finds new homes for horse drawn carts and porcelain poodles.
9.00 **The Repair Shop** The team restore a leather handbag, a wartime doll and a windmill toy.
11.00 **Australian Open Tennis**
12.00 M'T **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Shed and Buried: Classic Cars**
4.00 **to 5.00** AM **How It's Made**

+1 hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

6.00 AM **Animal Cops Phoenix** Documentary.
7.00 **Helicopter ER**
9.00 **Cops UK: Bodycam Squad** Double bill.
11.00 **Faking It: Tears of a Crime** Documentary.
12.00 NOON **Forbidden: Dying for Love**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **A Killer's Mistake**
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV** Rhonda Daugherty.
9.00 **People Magazine Investigates** New edition
10.00 **The Murder Tapes**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Michael Greene.
3.00 **to 4.00** AM **FBI Files**

+1 hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Secrets of a Murder Detective** A young father is killed by a gang with various weapons.
8.00 **48 Hours** New edition The investigation into the disappearance of 23-year-old Montana mother Jermain Charlo.
9.00 **Body in the Water** A woman allegedly drowns in a bath, but her husband's story doesn't add up.
10.00 **Prosecuting Evil with Kelly Siegler** The search for a missing student yielded no returns until a shocking discovery.
11.00 **Bloodline Detectives**
1.00 AM **48 Hours**
2.00 **Body in the Water**
3.00 **Prosecuting Evil with Kelly Siegler**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives**
11.00 **48 Hours**
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Bloodline Detectives**
4.00 **48 Hours** Exploring the double life of a lawyer and his fall from grace.
5.00 **Medical Detectives** Police enlist the help of a sniffer dog and a blood spatter expert to find the killer of a disc jockey. **5.30** When a man is killed in his own garage, investigators turn to his wife for some answers. **6.00** Investigators soon discover three murders are linked to one killer. **6.30** The blood splattered scene of a horrendous murder baffles investigators.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Motorway Patrol**
7.00 **The Force: Manchester**
8.00 **Stop, Search, Seize**
9.00 **Border Security USA**
10.00 **World's Most Evil Killers**
11.00 **Murdered at First Sight**
12.00 NOON **Catching the...**
1.00 PM **Killer in My Village**
2.00 **Murders That Shocked the Nation**
3.00 **How I Caught the Killer**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **Killer in My Village**
7.00 **Most Evil Killers**
9.00 **Killing Mum and Dad**
10.00 **The Murder of Lee Irving: Disability Mate Crime** Documentary.
11.00 **Britain's Most Evil Killers**
12.00 M'T **Catching the Killer**
1.00 AM **World's Most Evil...**
2.00 **Murdered at First Sight**
3.00 **Love You to Death**
4.00 **Brit Cops** Documentary.
5.00 **to 6.00** AM **Stop, Search, Seize**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **The World After Stonehenge**
9.25 **WWII in Colour: Road to Victory**
10.35 **The Rise of RFK Jr**
1.00 PM **Grand Tours of the Scottish Islands**
1.40 **The World After Stonehenge**
2.50 **WWII in Colour: Road to Victory**
3.55 **The Rise of RFK Jr**
6.20 **The World After Stonehenge**
7.30 **WWII in Colour: Road to Victory** Britain prepare for their first assault on Europe.
8.35 **NEW The Rise of RFK Jr** An in-depth look at the dramatic rise of Robert F Kennedy Jr.
10.55 **WWII in Colour: Road to Victory** As 7.30pm.
12.00 M'T **Peleliu: WWII's Most Well-Preserved Battlefield** Documentary.
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

FRIDAY

Friday

Sky Nature

145 113/114 189 354 369

6.00 AM **Secrets of the Enchanted Forests** Documentary.
7.00 **Monkey Life**
8.00 **Africa's Hunters**
9.00 **Hope for Wildlife**
10.00 **Animals Like Us**
11.00 **Pride Rules**
12.00 NOON **The Wild Wild East**
1.00 PM **Monkey Life**
2.00 **Africa's Hunters**
3.00 **Hope for Wildlife**
4.00 **Animals Like Us**
5.00 **Wild Fighters**
6.00 **The Wild Wild East**
7.00 **Monkey Life**
8.00 **Secret Life of the Tasmanian Devil** 1/2. Documentary.
9.00 **Extraordinary Animals**
10.00 **The Wild Wild East**
11.00 **Wild Fighters**
12.00 M'T **Pride Rules**
1.00 AM **Secrets of the Enchanted Forests** Documentary.
2.00 **Secret Life of the Tasmanian Devil** 1/2. Documentary.
3.00 **Extraordinary Animals**
4.00 **Africa's Hunters**
5.00 **to 6.00** AM **Hope for Wildlife**

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Accident, Suicide or Murder?**
12.00 NOON **Green Eyed Killers**
1.00 PM **#Textmewhenyougethome**
2.00 **Secrets of Polygamy**
3.00 **Murdertown**
4.00 **Killer Britain with Dermot Murnaghan** Ian Paton.
5.00 **Crimes That Shook Britain**
6.00 **The First 48**
7.00 **Cold Case Files**
8.00 **#Textmewhenyougethome**
9.00 **My Strange Arrest** New editions Two women are arrested for stealing 17 baseball bats. **9.30** A man drives a car off a cliff while trying to elude police.
10.00 **Court Cam**
11.00 **Ozark Law**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Real Murders of Atlanta**
2.00 **My Strange Arrest**
3.00 **Crimes That Shook Britain**
4.00 **Murdertown**
5.00 **to 6.00** AM **Critical Evidence**

+1 hour 256 333

U&Eden

166 134/162 176 57 160 142

9.00 AM **Life in the Great Wetlands**
10.00 **Lost Land of the Jaguar**
1.00 PM **Life in the Great Wetlands**
2.00 **Lost Land of the Jaguar**
5.00 **Life in the Great Wetlands**
6.00 **Lost Land of the Jaguar** Scientists, wildlife film-makers and climbers explore the rainforests of Guyana, a former British colony in South America. **7.00** Scorpions and centipedes enter the base camp, and Gordon Buchanan discovers an animal is stealing supplies. **8.00** Steve Backshall reaches the summit of a table-top mountain, after climbing a vertical cliff face nearly as high as the Empire State Building.
9.00 **Life in the Great Wetlands** The Bay of Fundy in Canada, where whales come to feed.
10.00 **Lost Land of the Jaguar**
1.00 AM **Life in the Great Wetlands**
2.00 **Lost Land of the Jaguar**
4.40 **My Kind of Town**
5.30 **to 6.00** AM **Inside the Ambulance**

+1 hour 266 376

Sky History 2

163/168 143 186

6.00 AM **Mystery Places**
7.00 **Secrets in the Sand**
8.00 **What on Earth?**
9.00 **How to Lose a War**
10.00 **Iconic Combat Machines**
11.00 **Ancient Aliens**
1.00 PM **Craig Charles: UFO Conspiracies** As 8.00pm.
2.00 **Britain's Most Historic Towns**
3.00 **Digging Up Britain's Past**
4.00 **Mystery Places**
5.00 **Secrets in the Sand**
6.00 **What on Earth?**
7.00 **UFO Encounters UK**
8.00 **Craig Charles: UFO Conspiracies** The very first observed visitor from interstellar space.
9.00 **Accidental Truth: UFO Revelations** UFO revelations from insiders that have never been shared with the public.
11.00 **Ancient Aliens**
1.00 AM **Craig Charles: UFO Conspiracies** As 8.00pm.
2.00 **Britain's Most Historic Towns**
3.00 **Digging Up Britain's Past**
4.00 **Full Custom Garage**
5.00 **to 6.00** AM **Empire Builders**

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Europe's New Wild**
10.00 **Africa's Hunters**
11.00 **Animal Fight Club**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **India's Elephant Mountain**
3.00 **Shark Men**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo: Leading Ladies** Compilation edition focusing on female zookeepers.
8.00 **Born in Africa** A look at how wild animals learn to survive. **9.00** Young animals' first encounters with other species.
10.00 **Life Below Zero: First Alaskans** How the indigenous peoples of Alaska are turning to the values of the past.
11.00 **Ice Road Rescue**
12.00 M'T **Exotic Animal ER**
1.00 AM **Monster Fish**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Monster Fish**

ID

154 140 166

8.00 AM **Still a Mystery**
9.00 **Murder Comes to Town**
11.00 **Disappeared**
12.00 NOON **Murder in the Heartland** The murders of Jody Fortuna and Phillip Brewer.
1.00 PM **Murder Comes to Town**
3.00 **Disappeared**
4.00 **Murder in the Heartland**
5.00 **Forbidden: Dying for Love**
7.00 **People Magazine Investigates** A look at a case from 1980 in which a teenager's savagely beaten body was discovered. **8.00** A look at how, in 1969, racial tensions escalated into riots in Pennsylvania.
9.00 **American Monster: Abuse of Power** An FBI investigation leads to a deadly conclusion.
10.00 **Destination Fear** The dark past of a hotel in Buffalo.
11.00 **Kindred Spirits** A sudden haunting in Massachusetts.
12.00 M'T **The Dead Files**
2.00 AM **Forbidden: Dying for Love**
4.00 **to 6.00** AM **People Magazine Investigates**

+1 hour 254 366

Discovery Science

167 148 179

8.00 AM **NASA's Unexplained Files**
11.00 **The Dino Hunters**
1.00 PM **Truth Behind the Moon Landing** Double bill of editions.
3.00 **NASA's Unexplained Files**
4.00 **Killers of the Cosmos**
6.00 **How Do They Do It?**
9.00 **Mummies Unwrapped** Ramy Romany investigates the truth behind King Tutankhamun's mummified remains. **10.00** Ramy examines well-preserved bodies from more than 2,000 years ago.
11.00 **Cooper's Treasure** Darrell Miklos searches for another shipwreck, and with just eight weeks of funds left, he needs to find a different shipwreck that he can salvage. **12.00** M'T A letter in Gordon's files details a 16th-century wreck connected to Sir Francis Drake.
1.00 AM **NASA's Unexplained Files**
2.00 **Killers of the Cosmos**
4.00 **to 6.00** AM **Blowing Up History**

+1 hr 267 379

Discovery History

174 147 181

7.00 AM **Planes That Changed the World** As shown at 8.00pm.
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** The formation of supermassive black holes.
1.00 PM **NASA's Unexplained Files**
2.00 **Hunting Atlantis**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Planes That Changed the World** A look at the Airbus A380, a double-decked aircraft that can carry 800 passengers.
9.00 **Unexplained and Unexplored**
10.00 **How Do They Do It?**
11.00 **World's Greatest Motorcycle Rides** The Kalahari desert.
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **NASA's Unexplained Files**
4.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

Discovery Turbo

161/172 146 180

7.00 AM **Junkyard Empire**
8.00 **Motor Pickers**
9.00 **Shorty's Dream Shop**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Richard Hammond's Workshop** As 1.00am.
1.00 PM **Shed and Buried: Classic Cars** A 1980s Austin Mini.
2.00 **Salvage Hunters: Classic Cars**
3.00 **Shorty's Dream Shop**
4.00 **Roadworthy Rescues**
5.00 **Motor Pickers**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Roadworthy Rescues** Derek and Sean Bieri revive an Oldsmobile station wagon.
9.00 **Mud Madness**
10.00 **Shorty's Dream Shop**
11.00 **Salvage Hunters: Classic Cars**
12.00 M'T **Roadworthy Rescues**
1.00 AM **Richard Hammond's Workshop** Richard helps a friend fulfil a childhood dream.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

7.30 AM **Beast of War** Thriller. (2025, 15, 87min) ★★★★
9.05 **The Ballad of Wallis Island**
10.50 **Borderline** Dark comedy thriller. (2025, 15, 94min) ★★★
12.30 PM **Nuremberg** As 6.30pm.
3.00 **The Phoenician Scheme** Wes Anderson's comedy. (2025, 15, 101min) ★★★
4.45 **Smurfs** Fantasy comedy. (2025, PG, 89min) ★★
6.30 **Nuremberg** Legal thriller. (2025, 15, 148min) ★★★★★

9.00 The Toxic Avenger

Nuremberg (film started at 6.30pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **PREMIERE The Toxic Avenger** Horror comedy starring Peter Dinklage. A horrible toxic accident transforms a downtrodden janitor into a new evolution of hero. With Kevin Bacon. (2025, 18, 102min) ★★★ *See review, page 23.*
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 **28 Years Later** Danny Boyle's horror sequel starring Jodie Comer. (2025, 15, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.50 AM **The Ballad of Wallis Island** Offbeat comedy. (2025, 12, 100min) ★★★★
2.40 **Cookster: The Darkest Days** Drama. (2024, 15, 119min)
4.50 **to 6.35** AM **Friendship** Comedy starring Paul Rudd. (2025, 15, 101min) ★★★★

Sky Cinema Brit Hits

303 303 403 503 517

7.35 AM **Dunkirk** As 10.10pm.
9.30 **Darkest Hour** As 8.00pm.
11.35 **Sherlock Holmes** Guy Ritchie's action adventure. (2009, 12, 128min) ★★★★
1.45 PM **Sherlock Holmes: A Game of Shadows** Guy Ritchie's adventure sequel. (2011, 12, 128min) ★★★
3.55 **28 Years Later** Horror. (2025, 15, 115min) ★★★★
6.00 **The King's Speech** Drama. (2010, 12, 118min) ★★★★★

6.00 The King's Speech

8.00 **Darkest Hour** Period drama starring Gary Oldman, Lily James and Kristin Scott Thomas. British prime minister Winston Churchill seeks to rally the nation against Germany's advance across Western Europe. (2017, PG, 122min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Dunkirk** Christopher Nolan's wartime drama starring Kenneth Branagh, Tom Hardy and Fionn Whitehead. Allied soldiers surrounded by the German army wait for evacuation during World War Two. (2017, 12, 106min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Kill** Crime thriller. (2023, 15, 94min) ★★★
1.45 AM **The King's Speech** (2010)
3.55 **Sky Cinema Preview**
4.45 **to 6.35** AM **Wish You Were Here** Romantic melodrama. (2025, 12, 99min) ★★★

Sky Cinema Drama

310 310 410 510 524

6.15 AM **American Sniper** Biopic. (2014, 15, 127min) ★★★★
8.30 **The Boy in the Striped Pyjamas** Wartime drama. (2008, 12, 94min) ★★★★
10.10 **Molly's Game** Fact-based drama. (2017, 15, 137min) ★★★★
12.30 PM **Beach Rats** Drama. (2017, 15, 98min) ★★★
2.10 **Golda** Biopic starring Helen Mirren. (2023, 12, 100min) ★★
3.55 **Darkest Hour** Period drama. (2017, PG, 122min) ★★★
6.00 **Dallas Buyers Club** Fact-based drama starring Matthew McConaughey and Jared Leto. (2013, 15, 114min) ★★★★
8.00 **Valentine's Day** Romantic comedy with Ashton Kutcher. (2010, 12, 125min) ★★★
10.15 **P.S. I Love You** Romantic comedy drama based on the novel by Cecelia Ahern, starring Hilary Swank and Gerard Butler. (2007, 12, 121min) ★★★
12.30 AM **Burning an Illusion** Drama starring Cassie McFarlane. (1981, 15, 103min) ★★★
2.25 **Boy Meets Boy** Romantic drama with Matthew J Morrison. (2021, 15, 75min) ★★★
3.50 **Beach Rats** As 12.30pm.
5.40 **to 7.30** AM **Golda** As 2.10pm.

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.40 AM **The Cinema List: Jurassic**
6.55 **Companion** As 3.40pm.
8.50 **Van Helsing** Fantasy adventure. (2004, 12, 132min) ★★★
11.15 **Opus** Dark comedy thriller. (2025, 15, 104min) ★★★★
1.15 PM **The Core** As 12.15am.
3.40 **Companion** Sci-fi horror. (2024, 15, 97min) ★★★★
5.30 **Ready Player One** Adventure. (2018, 12, 140min) ★★★★
8.00 **Sinners** Horror thriller starring Michael B Jordan. Twin brothers return to their hometown, and find a dark force waiting to welcome them back. With Miles Caton, Hailee Steinfeld, Delroy Lindo and Jack O'Connell. (2025, 15, 132min) ★★★★
10.25 **Until Dawn** Horror thriller starring Ella Rubin and Michael Cimino. A year after their friend disappeared, a group find themselves trapped in a time loop. (2025, 15, 99min) ★★★
12.15 AM **The Core** Sci-fi action thriller starring Aaron Eckhart. (2002, 12, 135min) ★★★
2.30 **Blade** Action adventure chiller. (1998, 18, 121min) ★★★
4.35 **to 6.15** AM **Out of Darkness** Prehistoric horror. Subtitled. (2022, 15, 88min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.00 AM **Daddy Day Care** (2003)
7.40 **The Cat in the Hat** Fantasy. (2003, PG, 82min) ★★★★
9.05 **Journey to the Center of the Earth** (2008, PG) ★★
10.40 **Robin and the Hoods** Comedy. (2024, PG, 101min) ★★
12.35 PM **Spy Kids** Action comedy. (2001, U, 88min) ★★★★
2.15 **Matilda** (1996, PG) ★★★★
4.00 **Grow** As shown at 7.50pm.
6.00 **Pokemon: Detective Pikachu** Fantasy. (2019, PG) ★★★★

7.50 Grow Family comedy starring Nick Frost and Golda Rosheuvel. Rivals pull every trick in the book to win a pumpkin-growing contest. (2025, PG, 107min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 Zathura: A Space Adventure Sci-fi fantasy adventure starring Josh Hutcherson and Jonah Bobo. Two brothers plunge into a series of perilous adventures when they play a mysterious board game. (2005, PG, 113min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Twist** Crime comedy. (2021, 12, 90min) ★★★★
1.15 AM **Daddy Day Care** Comedy. (2003, PG, 92min) ★★★
2.55 **Blueback** Family drama. (2022, PG, 102min) ★★★
4.45 **to 6.35** AM **Spy Kids 2: Island of Lost Dreams** Action comedy sequel. (2002, U, 100min) ★★★★

Sky Cinema Action

307 307 407 507 521

7.00 AM **The Warriors** Thriller. (1979, 15, 94min) ★★★
8.50 **2012** Epic disaster movie. (2009, 12, 158min) ★★★
11.35 **Bumblebee** *Transformers* prequel. (2018, PG) ★★★★
1.40 PM **Godzilla x Kong: The New Empire** Fantasy. (2023, 12, 115min) ★★★
3.45 **Spider-Man 2** Fantasy sequel. (2004, PG, 127min) ★★★★
6.05 **Clash of the Titans** Fantasy. (2010, 12, 106min) ★★

8.00 Shazam! Comedy adventure starring Zachary Levi. Youngster Billy Batson is chosen by the ancient wizard Shazam as his new champion, and receives various superpowers. With Mark Strong, Asher Angel and Djimon Hounsou. (2019, 12, 132min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 Birds of Prey and the Fantabulous Emancipation of One Harley Quinn Fantasy adventure spin-off with Margot Robbie. (2020, 15, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Black Hawk Down** Ridley Scott's war drama. (2001, 15, 144min) ★★★
2.40 **High Plains Drifter** Western. (1972, 18, 105min) ★★★★
4.30 **Sky Cinema Preview**
5.10 **to 6.55** AM **Streetfighter** Martial arts action drama. (1994, 12, 102min) ★★

Sky Cinema Comedy

308 308 408 508 522

7.35 AM **Mean Machine** Sports drama. (2001, 15, 99min) ★★
9.20 **Superbad** Teen comedy. (2007, 15, 113min) ★★★★
11.20 **Billy Madison** (1995, PG) ★★
1.00 PM **Kangaroo Jack** Comedy. (2003, PG, 89min) ★
2.35 **Yesterday** Fantasy comedy. (2019, 12, 116min) ★★★
4.35 **Alfie** Comedy drama remake. (2004, 15, 106min) ★★★
6.25 **The Accidental Husband** Comedy. (2008, 12, 86min) ★

8.00 Bridget Jones: Mad About the Boy Romantic comedy sequel starring Renée Zellweger. Recently widowed Bridget enters the dating game again, caught between her son's science teacher and a younger man. (2024, 15, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 Mamma Mia! Musical based on the stage show inspired by ABBA songs, with Meryl Streep. (2008, PG, 108min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Mamma Mia! Here We Go Again** Musical sequel. (2018, PG, 114min) ★★★★
1.50 AM **Blazing Saddles** Mel Brooks' Western spoof. (1974, 12, 90min) ★★★★
3.25 **Multiplicity** Fantasy comedy. (1996, 12, 117min) ★★★
5.25 **Sky Cinema Preview**
5.50 **to 7.35** AM **My Dead Friend Zoe** Comedy drama. (2024, 15, 102min) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **Jericho Ridge** As 4.25am.
7.35 **Along Came a Spider** Thriller. (2001, 15, 103min) ★★★
9.25 **The Godfather Coda: Death of Michael Corleone** Director's cut of *The Godfather: Part III*. (2020, 15, 163min) ★★★★
12.05 PM **Juror #2** As 8.00pm.
2.05 **Split** Thriller. (2016, 15) ★★★
4.05 **Speak No Evil** Horror. (2024, 15, 110min) ★★★★
6.00 **RocknRolla** Crime comedy thriller. (2008, 15, 110min) ★★

8.00 Juror #2 Director Clint Eastwood's legal thriller starring Nicholas Hoult. While serving as a juror in a murder case, a family man grapples with a moral dilemma. With Toni Collette, JK Simmons and Kiefer Sutherland. (2024, 12, 113min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Fatal Attraction Director Adrian Lyne's thriller about a married man whose one-night stand won't leave him alone. Stars Michael Douglas, Glenn Close and Anne Archer. (1987, 15, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **The Hunt for Red October** Cold War thriller. (1990, PG, 135min) ★★★★
2.30 **Layer Cake** Gangster thriller. (2004, 15, 105min) ★★★★
4.25 **to 6.00** AM **Jericho Ridge** Thriller with Nikki Amuka-Bird. (2023, 15, 87min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Guadalcanal Diary** World War Two action drama. (1943, b/w, PG, 93min) ★★★
12.50 PM **Harvey** Comedy. (1950, b/w, U, 100min) ★★★★★
3.10 **Siege of the Saxons** Action adventure. (1963, U) ★★★
5.00 **The 7th Voyage of Sinbad** Fantasy. (1958, U) ★★★★
6.45 **Jumanji: Welcome to the Jungle** Fantasy comedy. (2017, 12, 119min) ★★★★

Jumanji: Welcome to the Jungle (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 The G Crime thriller starring Dale Dickey. A mysterious woman seeks revenge on the corrupt legal guardian who destroyed her life. With Romane Denis and Daniel Brochu. (2023, 15, 106min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **Terminator Genisys** Sci-fi adventure sequel starring Arnold Schwarzenegger and Emilia Clarke. A time traveller discovers a plot to change history beyond recognition. (2015, 12, 126min) ★★★
1.35 **to 3.50** AM **My Friend Dahmer** Drama starring Ross Lynch and Alex Wolff. (2017, 15, 107min) ★★★★

+1 hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema Feel Good

302 302 402 502 516

6.25 AM **Babe** As shown at 8.00pm.
8.05 **Matilda** As shown at 3.40am.
9.55 **A Dog's Purpose** Comedy drama. (2017, PG, 100min) ★★★
11.40 **Peter Rabbit** As 9.40pm.
1.30 PM **Shrek** As shown at 2.05am.
3.15 **Wicked** Musical fantasy. (2024, PG, 160min) ★★★★
6.05 **The Wild Robot** Animation with the voice of Lupita Nyong'o. (2024, U, 102min) ★★★★

8.00 Babe Comedy drama about a talking pig who wants to be a sheepdog. Stars James Cromwell and Magda Szubanski, with the voices of Miriam Margolyes and Christine Cavanaugh. (1995, U, 92min) ★★★★★
9.40 Peter Rabbit Family comedy based on Beatrix Potter's stories, with the voices of James Corden and Margot Robbie. A mischievous rabbit takes on a farmer in a battle of wits. (2018, PG, 95min) ★★★

11.20 **Wicked** As shown at 3.15pm.
2.05 AM **Shrek** Animated comedy. (2001, U, 90min) ★★★★★
3.40 **Matilda** Roald Dahl's fantasy. (1996, PG, 98min) ★★★★
5.25 **to 6.50** AM **Fox and Hare Save the Forest** Animation. (2024, U, 71min) ★★★

Sky Cinema Greats

304 304 404 504 518

8.10 AM **Critters** Sci-fi horror comedy. (1986, 15, 86min) ★★
9.55 **The Last Starfighter** Adventure. (1984, PG, 100min) ★★★
11.45 **InnerSpace** Sci-fi comedy thriller. (1987, PG, 119min) ★★★
1.55 PM **Waterworld** Sci-fi action adventure with Kevin Costner. (1995, 12, 134min) ★★★
4.15 **Johnny Mnemonic** Futuristic thriller. (1995, 15, 98min) ★★

6.00 Blade Runner Ridley Scott's thriller starring Harrison Ford. (1982, 15, 130min) ★★★★★
8.00 Men in Black Sci-fi comedy with Tommy Lee Jones and Will Smith. (1997, PG, 94min) ★★★★
9.40 The Shining Director Stanley Kubrick's chilling adaptation of the Stephen King bestseller, starring Jack Nicholson and Shelley Duvall. A writer's job as a winter caretaker in a remote hotel puts his family in peril. (1980, 15, 119min) ★★★★★

12.05 AM **The Exorcist** Occult horror. (1973, 18, 121min) ★★★★★
2.10 **Bram Stoker's Dracula** Francis Ford Coppola's adaptation of the classic vampire novel. (1992, 18, 123min) ★★★
4.20 **Sky Cinema Preview**
5.20 **to 7.00** AM **Men in Black**

Sky Cinema Animation

305 305 412 500 514

6.05 AM **Lego DC Comics Super Heroes: Justice League vs Bizarro League** (2015, U) ★★★
7.10 **The Boss Baby** Animated comedy. (2017, U, 97min) ★★★
8.55 **Transformers One** As 7.35pm.
10.50 **Cloudy with a Chance of Meatballs** Animated comedy. (2009, U, 90min) ★★★★
12.35 PM **Bee Movie** Animated comedy. (2007, U, 91min) ★★★

2.20 Wallace & Gromit: The Curse of the Were-Rabbit Animation. (2005, U, 85min) ★★★★★
4.00 Home (2014, U) ★★★
5.45 Cloudy with a Chance of Meatballs 2 Animated comedy sequel. (2013, U, 93min) ★★★
7.35 Transformers One Animation. (2024, PG, 104min) ★★★★
9.30 The Pirates! In an Adventure with Scientists Animation. (2012, U, 87min) ★★★★
11.10 The Swan Princess: The Secret of the Castle (1997, U) ★★

12.35 AM **DC Super Hero Girls: Legends of Atlantis** Animation. (2018, PG, 75min) ★★★
2.05 **Scooby-Doo! The Sword and the Scoob** (2021, PG) ★★★
3.35 **The Sloth Lane** (2024) ★★★
5.20 **to 7.10** AM **Noah's Ark** Animation. (2024, U) ★★★

Movies 24

312 313 419

7.00 AM **Junebug** Fantasy drama. (2024, PG, 84min) ★★
9.00 **Inspiring Love** Romantic drama. (2023, PG, 85min) ★★
11.00 **The Love Issue** Romantic drama. (2023, PG, 85min) ★★
1.00 PM **Planning for Joy** Romantic comedy. (2022, PG, 86min) ★★
3.00 **Destination Love** Romantic comedy starring Erin Agostino. (2021, PG, 90min) ★★

5.00 **An Ice Palace Romance** Drama. (2023, PG, 90min) ★★
7.00 **A Bridesmaid in Love** Romantic comedy starring Tori Anderson. (2022, PG, 87min) ★★
9.00 **The Best Version of Love** Romantic comedy with Natasha Wilson and Preston Vanderslice. A publicist helps a charming-but-stubborn footballer to transform his public image. (2023, PG, 86min) ★★
11.00 **Fashionably in Love** Romantic comedy. (2023, PG, 87min) ★★

1.00 AM **Mystery Island: House Rules** Crime drama. (2024, PG, 84min) ★★
3.00 **to 5.00** AM **Mystery Island: Play for Keeps** Crime drama. (2025, PG, 90min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Law of the Plainsman**
6.30 **Tread Softly** Crime thriller. (1952, b/w, PG, 70min) ★★★
8.00 **Make Me an Offer** Comedy. (1954, U, 88min) ★★★★
9.45 **Four Star Theatre** 6/19. (S1)
10.15 **You Were Never Lovelier** Musical. (1942, b/w, U) ★★
12.15 PM **Look at Life**
12.25 **Confession** Crime thriller. (1955, b/w, PG, 90min) ★★

2.15 **The Arsenal Stadium Mystery** Thriller. (1939, b/w, PG) ★★★
4.00 **A Good Read: Sherlock Holmes**
4.55 **Captain Pirate** Adventure. (1952, U, 85min) ★★
6.40 **The Flying Deuces** Comedy. (1939, b/w, U, 67min) ★★★
8.00 **Z Cars** 18/31. (S1)
9.00 **Cellar Club with Caroline Munro**
9.05 **The Omega Factor** 8/10. (S1)
10.05 **Cellar Club with Caroline Munro**
10.10 **The Case of the Frightened Lady** Thriller. (1940, b/w, PG) ★★
11.50 **Cellar Club with Caroline Munro**

11.55 **Hammer House of Mystery and Suspense** 12/13. (S1)
1.25 AM **The System** Drama. (1964, b/w, 15, 90min) ★★★
3.10 **The Killings at Outpost Zeta** Thriller. (1980, 15, 92min) ★★
5.00 **Four Star Theatre** 38/38. (S3)
5.30 **to 6.00** AM **Out of Town**

FRIDAY Sport 23 January

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM LIVE **DP World Tour Golf** Coverage of the featured groups on day two of the Hero Dubai Desert Classic from Emirates Golf Club in the United Arab Emirates.
7.30 LIVE **DP World Tour Golf** Further coverage of day two of the Hero Dubai Desert Classic.
1.30 PM **Total Football**
3.30 LIVE **SA20** Coverage of the Qualifier Two play-off, as the losers of the Qualifier One play-off face the winners of the Eliminator play-off for a place in the final.
7.00 **The Transfer Show**
7.30 LIVE **EFL** **Derby County v West Bromwich Albion.** Coverage of the Championship match staged at Pride Park. Kick-off **8.00pm**.
10.30 LIVE **PGA Tour Golf** Coverage of day two of the American Express from the Pete Dye Stadium Course at La Quinta, California.
12.00 M'T **Sky Sports News**
4.30 **to 6.00** AM LIVE **DP World Tour Golf** The featured groups on day three of the Hero Dubai Desert Classic from Emirates Golf Club in the United Arab Emirates.

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Total Football**
4.00 **The Transfer Show**
4.30 **Total Football**
5.00 **Premier League Friday**
6.30 LIVE **WSL** **Everton v Brighton & Hove Albion.** All the action from the top-flight encounter at Goodison Park. Kick-off **7.00pm**.
9.30 **Premier League Preview** A look ahead to the weekend of matches in the Premier League.
10.00 **Fantasy Show** Statistics and analysis ahead of the Fantasy Premier League gameweek.
10.30 **Premier League Stories**
11.00 **Premier League Preview**
11.30 **The Big Interview**
12.00 M'T **Fantasy Show**
12.30 AM **Premier League Stories**
1.00 **PL Retro** A 2003 game between Arsenal and Leeds United.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Cup Retro**
8.00 **SPFL Special**
9.00 **EFL Greatest Games**
10.00 **EFL Cup Highlights**
11.00 **SPFL** Archive action.
12.00 NOON **EFL Highlights**
12.30 PM **Bundesliga Weekly**
1.00 **EFL League One Goals**
1.30 **EFL League Two Goals**
2.00 **EFL Highlights** Championship.
4.00 **Bundesliga Weekly**
4.30 **EFL League One Goals**
5.00 **EFL League Two Goals**
5.30 **EFL Highlights**
6.00 **Bundesliga Weekly**
6.30 **EFL Highlights** Championship.
7.30 LIVE **EFL** **Derby County v West Bromwich Albion.** The Championship match at Pride Park. Kick-off **8.00pm**.
10.30 **Best Moments from the Championship Play-Off Final**
11.00 **Best Moments from the League 1 & 2 Play-Off Final**
11.30 **EFL Greatest Games**
12.00 M'T **Retro League One**
2.00 AM **EFL Greatest Games**
4.00 **EFL Cup Retro** The 2018 final.
4.30 **EFL** The 2017/18 season.
5.00 **to 6.00** AM **Henrik Larsson: 20 Years On**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **Best of England v South Africa** Action from 2011.
6.15 **Best of ICC WT20**
6.30 **Big Bash League**
8.25 LIVE **Big Bash League** Coverage of the Challenger play-off match, as the losers of the Qualifier play-off face the winners of the Knockout play-off for a place in the final.
11.45 **Best of ICC WT20**
12.00 NOON **Big Bash League**
3.00 PM **Best of Jimmy Anderson: 500th Wicket** From 2017.
3.10 **Best of Sky Cricket**
3.20 LIVE **SA20** Coverage of the Qualifier Two play-off, as the losers of the Qualifier One play-off face the winners of the Eliminator play-off for a place in the final.
7.00 **Big Bash League**
8.00 **SA20** Play-off highlights.
10.00 **ICC Men's T20 World Cup**
11.00 **SA20** Qualifier Two play-off.
12.00 M'T **Big Bash League**
1.00 AM **SA20** Qualifier 1 play-off.
2.00 **Big Bash League**
5.20 **Best of Jimmy Anderson: 500th Wicket** From 2017.
5.30 **Best of England v South Africa**
5.45 **to 6.00** AM **Best of ICC WT20**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM LIVE **DP World Tour Golf** Coverage of the featured groups on day two of the Hero Dubai Desert Classic from Emirates Golf Club in the United Arab Emirates.
7.30 LIVE **DP World Tour Golf** Further coverage of day two of the Hero Dubai Desert Classic.
1.30 PM **Chronicles of a Champion Golfer** A profile of Jordan Spieth.
2.00 **PGA Tour FedEx Cup Play-Offs Official Film 2025**
3.00 **Roots** Profile of Annika Sorenstam.
3.30 **DP World Tour Golf**
4.30 LIVE **PGA Tour Golf** Coverage of day two of the American Express from the Pete Dye Stadium Course at La Quinta.
12.00 M'T **DP World Tour Golf**
1.00 AM **You Can Play Golf**
1.30 **DP World Tour Golf**
3.30 **PGA Tour Golf**
4.30 **to 6.00** AM LIVE **DP World Tour Golf** Coverage of the featured groups on day three of the Hero Dubai Desert Classic staged at Emirates Golf Club in the United Arab Emirates.

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **ATP/WTA Tour Classics**
8.00 **WTA & ATP Tennis**
10.00 **Best of the US Open 2025**
12.00 NOON **Djokovic Top 10**
2.00 PM **WTA & ATP Tennis**
4.00 **Murray's Moments**
6.00 **Djokovic Top 10**
8.00 **WTA & ATP Tennis** Highlights from the Brisbane Open finals at Queensland Tennis Centre.
10.00 **ATP/WTA Tour Classics**
12.00 M'T **US Open Classic Matches**
2.00 AM **WTA & ATP Tennis**
4.00 **to 6.00** AM **Murray's Moments**

TNT Sports 1

410 413 521 408 430

8.15 AM **Premier League Reload**
8.30 LIVE **Isuzu UTE A-League** **Newcastle Jets v Wellington Phoenix.** From McDonald Jones Stadium. Kick-off **8.35am**.
10.30 LIVE **Alpine Skiing** Coverage of the super-G in Kitzbuhel, Austria.
12.30 PM **Premier League Stories**
1.00 **TNT Sports Cricket Reload**
1.15 LIVE **International T20 Cricket** **India v New Zealand.** Coverage of the second match of the five-game series, held at Shaheed Veer Narayan Singh International Cricket Stadium.
5.15 **One-Day International Cricket**
6.15 **Premier League Reload**
6.30 **Premier League Preview**
7.00 LIVE **The Gallagher PREM** **Gloucester v Bath.** Coverage of the top-flight match staged at Kingsholm. Kick-off **7.45pm**.
10.00 **The Breakdown**
10.30 **One-Day International Cricket**
11.30 **International T20 Cricket**
12.30 **to 6.00** AM LIVE **Australian Open** Coverage of day seven of the opening Grand Slam event of the year, featuring third-round matches at Melbourne Park.

TNT Sports 2

411 414 522 409 431

6.00 AM **Highlights**
8.00 LIVE **World Rally Championship** Monte Carlo.
9.00 **TNT Sports Reload**
9.30 LIVE **World Rally Championship** Monte Carlo.
10.30 **Playing for Our Future: Rugby**
10.45 LIVE **World Rally Championship** Monte Carlo.
11.45 **Highlights**
1.45 PM LIVE **World Rally Championship** Monte Carlo.
3.00 **WRC Classic: Signature Stages**
3.30 LIVE **World Rally Championship** Monte Carlo.
4.45 **TNT Sports Reload**
5.00 LIVE **World Rally Championship** Monte Carlo.
6.30 **Spirit of Yachting**
7.00 **Inside Serie A**
7.30 LIVE **Serie A** Inter Milan v Pisa.
9.45 **Football** Highlights and features.
11.30 **UFC Countdown**
12.30 AM **The Gallagher PREM**
1.30 **Serie A** Inter Milan v Pisa.
2.30 **Fight Week** UFC 324 preview.
3.15 **Highlights**
4.00 **to 6.00** NOON LIVE **A-League** **Auckland FC v Central Coast Mariners.** Kick-off **4.00am**.

Sky Sports NFL

412 410 517 507 426 446

6.00 AM **NFL Bitesize Highlights**
7.00 **NFL Highlights**
1.00 PM **Good Morning Football**
3.00 **NFL Bitesize Highlights** The first Divisional play-off match. **3.15** Action from the fourth Divisional play-off match. **3.30** Highlights from the third Divisional play-off match. **3.45** Action from the second Divisional play-off match.
4.00 **NFL Highlights** Pittsburgh Steelers v Houston Texans. **5.00** Action from the third Divisional play-off match.
6.00 **NBC's Pro-Football Talk** Mike Florio and Chris Simms present this NFL talk show, as they discuss and debate the biggest stories from around the league.
8.00 **NFL Highlights** New England Patriots v Los Angeles Chargers at Gillette Stadium in Foxborough. **9.00** Action from Pittsburgh Steelers v Houston Texans. **10.00** Highlights from the first Divisional play-off match. **11.00** Action from Pittsburgh Steelers v Houston Texans.
12.00 M'T **The Insiders** The latest news covering all 32 NFL teams.
1.00 **to 6.00** AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Best of England v South Africa**
7.15 LIVE **ICC Under-19s World Cup Cricket** **Australia v Sri Lanka.** The Group A match held at Namibia Cricket Ground in Windhoek. Australia are the reigning champions, while the Sri Lankans were eliminated in the Super Six stage when the competition was last held in 2024.
3.00 PM **Total Football**
4.00 **The Transfer Show**
4.30 **Total Football**
5.00 **Premier League Friday** Roman Kemp hosts the Premier League weekend preview show with news from all the top-flight clubs.
7.00 **The Transfer Show** Analysis of the latest transfer news.
8.00 **Sports Centre** A round-up of the sports news with analysis and comments, plus interviews with the headline makers.
10.00 **Sky Sports News**
10.30 **Back Pages Tonight**
11.00 **Sky Sports News**
1.00 AM **WTA Tennis** Highlights from the Strasbourg Open final. **2.00** The Rabat Open final.
3.00 **to 6.00** AM **WTA Tennis**

Sky Sports Mix

416 412 510 429 449

6.00 AM **Big Bash League**
7.00 **NFL Bitesize Highlights**
7.15 LIVE **ICC Cricket World Cup** **Bangladesh v USA.** Coverage of the Group B match at Takashinga Sports Club in Harare, Zimbabwe.
3.00 PM **NFL Bitesize Highlights**
3.30 **Best of England v South Africa**
3.45 **Best of ICC WT20**
4.00 **NFL Bitesize Highlights**
4.30 **SA20** Eliminator play-off match.
5.30 **PGA Tour Golf** American tour.
6.30 LIVE **WSL** **Everton v Brighton & Hove Albion.** The top-flight match at Goodison Park. Kick-off **7.00pm**.
9.30 **NFL Bitesize Highlights**
10.00 **NFL Highlights**
11.00 **NRLW** The Grand Final.
12.00 M'T **One Championship Weekly**
12.30 AM **PL Greatest Games**
1.00 **World Darts Championship**
2.00 **to 6.00** AM LIVE **MMA: One Championship** Coverage of the ONE Friday Fights 139 event from Lumpinee Stadium in Bangkok.

TNT Sports 3

413 415 523 410 432

6.00 AM LIVE **Australian Open** Day six of the opening Grand Slam event of the year, featuring third-round games at Melbourne Park.
1.30 PM LIVE **Cross Country Skiing World Cup** The men's and women's team sprint freestyle events from Goms, Switzerland.
2.30 **The Monuments**
3.00 **Inside Serie A**
3.30 **Ultimate Pool** Recent action.
5.00 LIVE **Biathlon** The women's individual event in Nove Mesto.
7.00 **Australian Open** Highlights from the sixth day at Melbourne Park.
8.30 **Premier League Stories**
9.00 **Premier League Legends**
9.30 **Dakar Rally Saudi Arabia**
10.30 **World Rally Championship**
11.00 **Australian Open** Highlights.
12.30 **to 6.00** AM LIVE **Australian Open** Coverage of day seven of the opening Grand Slam event of the year, featuring third-round matches at Melbourne Park.

TNT Sports 4

414 416 524 411 434

6.00 AM LIVE **Australian Open** Coverage of the sixth day of the opening Grand Slam event of the year, featuring third-round matches at Melbourne Park.
1.00 PM **UEFA Europa League & Conference League Highlights**
2.00 **UEFA Europa League**
5.00 **The Fantasy Show**
5.30 **Premier League: Big Interview**
6.00 **Isuzu UTE A-League**
7.00 **UEFA Champions League Highlights Show**
9.00 **UEFA Europa League & Conference League Highlights** Action from matchday seven.
10.00 **Ultimate Pool** Group Three of the Women's Champions League.
11.30 **Premier League Netbusters**
12.00 M'T **Premier League Preview**
12.30 **to 6.00** AM LIVE **Australian Open** Coverage of day seven of the opening Grand Slam event of the season, featuring third-round matches at Melbourne Park.

Premier Sports 1

419 551

6.00 AM **Swedish Hockey League**
8.00 **NHL Ice Hockey**
10.00 **Scottish Football Social Club**
11.00 **LaLiga Match Highlights**
11.30 **Women's Football Weekly**
12.00 NOON **Champions Cup**
1.00 PM **Eredivisie Highlights**
2.00 **NHL Ice Hockey**
4.00 **World of FreeSports**
4.30 **URC in 60** The ninth round.
5.30 **The Rugby Pod**
7.00 LIVE **United Rugby Championship** **Munster v Dragons.** From Thomond Park. Kick-off **7.45pm**.
10.00 **URC SEND IT**
10.40 **LaLiga Match Highlights**
11.00 **United Rugby Championship**
1.00 AM **LaLiga** A match replay.
3.00 **to 6.00** AM LIVE **NHL Ice Hockey** **Vancouver Canucks v New Jersey Devils.** Coverage of the inter-conference match from Rogers Arena. Face-off **3.00am**.

Premier Sports 2

420 552

6.00 AM **LaLiga** Osasuna v Oviedo.
8.00 **NHL Ice Hockey** Nashville Predators v Ottawa Senators.
10.00 **Temples of Sport**
10.30 **Champions Cup** Another chance to see Bayonne v Leinster.
12.30 PM **Eredivisie** A chance to see Feyenoord v Sparta Rotterdam.
2.30 **Temples of Sport**
3.00 **Champions Cup** Pau v Bulls. **5.00** Bath v Edinburgh.
7.00 LIVE **United Rugby Championship** **Edinburgh v Bulls.** Coverage from Scottish Gas Murrayfield Stadium. Kick-off **7.45pm**.
10.00 **Temples of Sport**
11.00 **NHL Specials**
12.00 M'T LIVE **NHL Ice Hockey** **Toronto Maple Leafs v Vegas Golden Knights.** The inter-conference match at Scotiabank Arena. Face-off **12.00m't**.
3.00 AM **Temples of Sport**
4.00 **to 6.00** AM **NHL Tonight**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **The Best of F1 2025**
8.00 **Formula 2** British Grand Prix.
11.00 **The F1 Show** Race preview.
12.00 NOON **Formula 1**
2.15 PM **Ted's Notebook**
2.45 **Lando Norris's Career**
2.55 **Ted Lego Feature**
3.00 **Formula 1** British Grand Prix.
7.55 **Ted's Notebook**
8.25 **F1 Explained: Pit Lane Battle**
8.30 **Secret Cinema: Ocon's First Win**
9.00 **Formula 1** The 2025 British Grand Prix from Silverstone. **10.00** Belgian Grand Prix. **11.00** Hungarian Grand Prix.
12.00 M'T **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

KIDS WATCHLIST

Great shows for young viewers (from tots to teens) on linear TV and streaming

NETFLIX Finding Her Edge

Available from Thursday, Netflix

With the Winter Olympics just around the corner, this figure-skating drama is dropping on Netflix at just the right time to get us into the mood.

Inspired by Jane Austen's *Persuasion*, the coming-of-age drama follows the three Russo sisters, who are heirs to a struggling figure-skating dynasty. Middle sister Adriana (Madelyn Keys, right) is training for the World Championships with a new partner, Brayden (Cale Ambrozic) but she is still harbouring feelings for her first love. Dare we say it, she could be skating on thin ice...?

Disney+ Percy Jackson and the Olympians

Available from Wednesday, Disney+

As season two draws to a close, Percy faces his most dangerous test yet. With friendships strained, powerful forces closing in, and the fate of both the mortal world and Mount Olympus hanging in the balance, Percy must make choices that will define him as a hero. If you've enjoyed this season, do not fret – a third series has already been given the green light.

More great shows to watch this week...

CBeebies Bedtime Stories

Available now, BBC iPlayer

With *The Traitors* drawing to a close this week, how about tuning in to *Celebrity Traitors* star Cat Burns, as she reads *Cloud Boy* by Greg Stobbs.

Best of Enid Blyton

Available now, BBC iPlayer

We can't wait for the arrival of the big-screen adaptation of *The Magic Faraway Tree* in March, but until then we'll just have to keep ourselves entertained with her other works, like *Malory Towers* and *The Famous Five*.

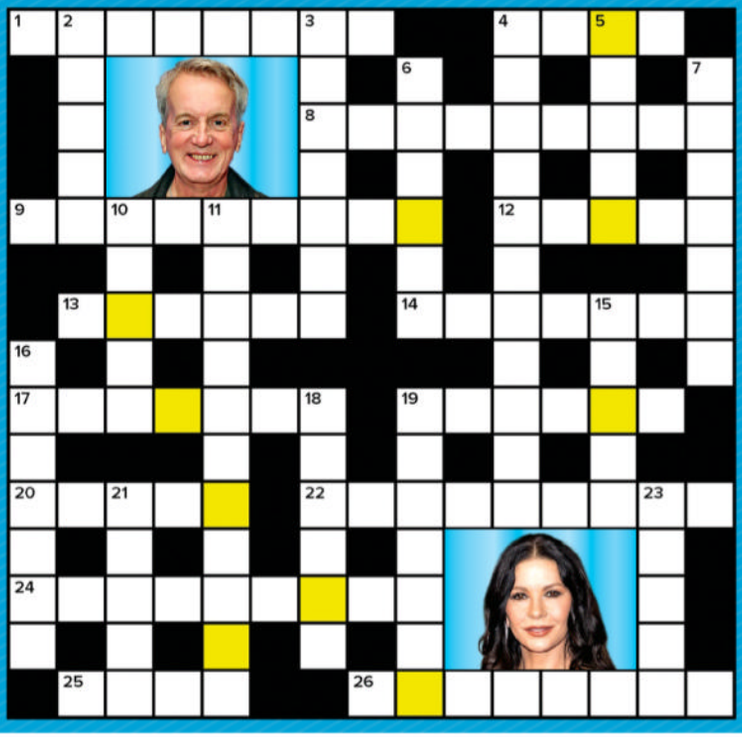
Phineas & Ferb

Saturday, Disney+

New episodes continue with the stepbrothers embarking on another 104 days of summer packed with adventures, while trying to stay one step ahead of older sister Candace.

CROSSWORD

Solve the clues in our just-for-fun crossword puzzle and rearrange the shaded squares so the letters spell out the name of an American actor (4,6). Answers at the bottom of the page – no cheating!



ACROSS

1 --------- Pugh, star of 2019 film *Little Women* (8)
4 Played Sam Tyler in *Life on Mars*, John ---- (4)
8 *Mr* ----------, drama series with Jeremy Piven (9)
9 See picture clue: Oscar-winner for 2003 musical film *Chicago*, Catherine ---- ------ (4-5)
12 Daniel Radcliffe horror movie released in 2012, *The* ----- *in Black* (5)
13 Mark -------, Scottish actor who starred in *Guilt* (6)
14 Percy --------, late former presenter of BBC2 series *Gardeners' World* (7)
17 Comedy-drama series with Michelle Keegan (7)
19 ------- Bristow, *Alias* role of Jennifer Garner (6)
20 2013 *Strictly Come Dancing* champion, ----- Clancy (5)
22 ---------- *Soldier*, hit 1992 science-fiction film (9)
24 Movie from 2004 that is subtitled *The Legend of Ron Burgundy* (9)
25 2018 *Love Island* winner, Dani ---- (4)
26 Sybil Fawlty portrayer, -------- Scales (8)

DOWN

2 ------ Lenya, played Rosa Klebb in 1963 film *From Russia with Love* (5)
3 Kevin --------, star of 1991's *Dances with Wolves* (7)
4 *Escape to the Chateau* star, Dick ---------- (11)
5 American political drama starring Téa Leoni and Tim Daly, ------ *Secretary* (5)
6 *Veronica's* -------, sitcom with Kirstie Alley (6)
7 Late star of *Rising Damp*, -------- Rossiter (7)
10 ------ Hird, Edie in *Last of the Summer Wine* (5)
11 British-born actor in *Dr Quinn, Medicine Woman* (4,7)
15 *Two* ----- *Notice*, 2003 romcom with Hugh Grant and Sandra Bullock (5)
16 First name of Grampa in *The Simpsons* (7)
18 *Call the Midwife* character played by Miranda Hart, ------- Noakes (6)
19 See picture clue: Frank --------, English comedian and presenter (7)
21 Actor from 1997's *Men in Black*, ------ Ann Baker (5)
23 Singer-songwriter from Canada, ------ Lavigne (5)

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CROSSWORD SOLUTION

ANSWER: Emmy Rossum **ACROSS:** 1 Florence 4 Simm 8 Selfridge 9 Zeta-Jones 12 Woman 13 Bonner 14 Thrower 17 Brassic 19 Sydney 20 Abbey 22 Universal 24 Anchorman 25 Dyer 26 Prunella
DOWN: 2 Lotte 3 Costner 4 Strawbridge 5 Madam 6 Closet 7 Leonard 10 Thora 11 Jane Seymour 15 Weeks 16 Abraham 18 Chummy 19 Skinner 21 Becky 23 Avril

Coming soon

Betrayal

Shaun Evans stars in a tense espionage thriller

Dark secrets and intrigue are on the cards in ITV1's upcoming spy drama *Betrayal*, which is airing later this year.

The four-part thriller, penned by David Eldridge, sees Shaun Evans play long-standing MI5 officer John Hughes, who hears about a potential plot targeting the UK when he meets a British-Iranian man with connections to the Stockport underworld.

But as events go terrifyingly awry, John becomes the subject of an internal investigation, while his obsession with uncovering the truth and stopping the imminent attack places his marriage to GP Claire (*Vigil* star Romola Garai) under threat.

TALENTED CAST

Zahra Ahmadi co-stars as intelligence operative Mehreen Askari-Evans, who takes over John's work but forges a bond with him, while Nikki Amuka-Bird is John's superior Simone Grant. Omid Djalili, Gamba Cole, Hayley Tamaddon, Anthony Flanagan, Emma Cunniffe and Paddy Rowan also appear.

'I'm delighted to be returning to ITV with this exceptionally well-written, timely project,' says former *Endeavour* star Evans, who also featured in Eldridge's 2015 drama *The Scandalous Lady W*. 'It's a privilege to reunite with David and bring to life his insightful take on the world of espionage.'

'I'm thrilled to be working on *Betrayal*,' adds Eldridge. 'It's an espionage drama rooted as much in the trials and betrayals of family life as in the bloody, dangerous business of spying.'

WHAT'S NEXT FOR...

Claudia Winkleman

The presenter will host BBC1's seven-part chat show **The Claudia Winkleman Show**, in which she will interview celebrities from the worlds of film, TV and music in front of a studio audience.

Martin Clunes

In 5's two-part drama **Power: The Downfall of Huw Edwards**, the actor (right) will play the ex-BBC newsreader, who was accused of grooming a 17-year-old and was convicted for possessing indecent images of children.

Coming Back

A new run of BBC1's drama **Strike**, based on JK Rowling's novel *The Running Grave*, written under her pen name Robert Galbraith, will see Robin (Holliday Grainger) and Cormoran (Tom Burke) investigate a cult. James Fleet guests.

Robert Webb and David Mitchell are returning for a second series of C4's sketch show **Mitchell and Webb Are Not Helping**, in which the duo will team up with rising comedy stars once more in a variety of quirky skits.

Next week

On sale Tuesday 20 January

Under Salt Marsh

Kelly Reilly stars in Sky Atlantic's thriller about a death that devastates a Welsh community.

Bridgerton

In the return of Netflix's Regency saga, Benedict (Luke Thompson) falls for a mystery woman.

Take That

Netflix's docuseries explores the boy band's highs and lows as they share their memories.

Wonder Man

An actor (Yahya Abdul-Mateen II) tries to win a role in a superhero film in Disney+'s drama.

TV&Satellite week

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For subscriptions inquiries, call 0330 333 1113
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Printed by Walstead UK Ltd

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